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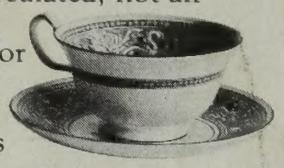
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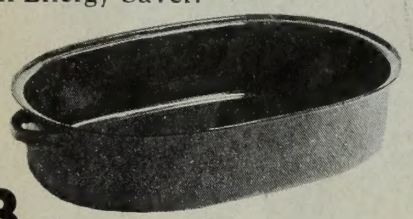
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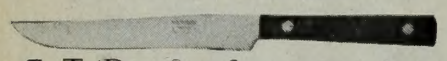
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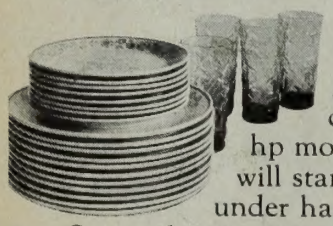




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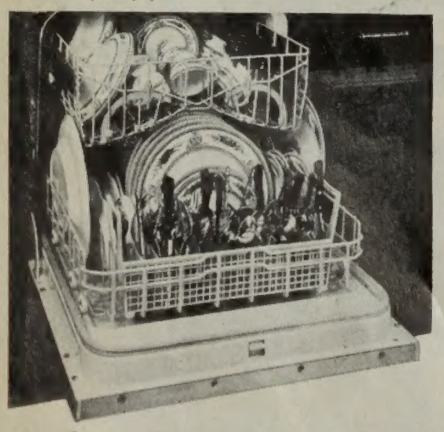


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# Better Homes and Gardens®


THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES — JANUARY, 1976; VOL. 54, NO. 1



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# NUTRITION: STRAIGHT ANSWERS TO YOUR KEY QUESTIONS

One big reason for nutrition problems in America, say the experts, is that so many of us lack the information to choose well from the good foods available in every supermarket.

Here are many of the key questions about nutrition that puzzle our readers. The answers—and they're sometimes very surprising answers—can help you to avoid the most common errors Americans make in selecting foods for good health.

**Q I keep hearing that the easiest way to better nutrition is to look for foods high in protein. Is this true?**

A Not really. Americans already get much more protein than they need. Even poor people often eat more of it than they really require. Protein deficiency is virtually unknown in the U.S.

Of course, looking for foods that are high in protein isn't altogether incorrect, because many important nutrients are associated with high-protein foods (for example, meat, poultry, fish, eggs, dairy foods, whole grain cereals, and nuts). But it's wrong to assume that a diet truly high in protein is automatically providing you with good nutrition.

**Q But shouldn't I eat mainly protein, if I can?**

A You can't, outside the laboratory, for even "high protein" foods such as lean meats and natural cheeses are only about 20 to 30 percent protein. The rest of these foods is made up of mainly fat and water.

**Q In everyday terms, how much protein must I have?**

A Probably less than you think. Most adult needs can be met by seven ounces of meat a day. And since nearly all food—from coffee cream to popcorn—contains small amounts of protein, not all of it must come from "high protein" foods.

If you seek about half your total protein from high-quality sources (usually animal sources, such as meat, milk, or eggs), the rest can come from the other food you eat (such as bread, cereals, potatoes, pasta, fruit, vegetables, and the like). For most adults, that high-quality half can be supplied easily by four ounces of meat and two glasses of milk a day.

Check the protein listings on package labels. They will help you judge what part of your requirement a product has—and help you avoid needless spending on excess protein.

**Q Even if I don't need it, won't extra protein help?**

A Not really. Once the body has all it can use of any nutrient, large excesses have no value and can even be harmful. As an example, too much protein can damage the kidneys, particularly if they are not functioning well.

**Q Don't I need more protein if I'm more active?**

A Generally speaking, no, because protein needs change little, if at all, with activity. Size mainly determines what a person requires. An athlete and a desk clerk of the same size will use about the same amount.

There are exceptions to this rule, however. A growing young person, or an adult whose muscle mass is increasing, needs more protein. And protein needs increase during pregnancy and lactation, too.

**Q Then protein won't give me more energy?**

A Not literally. Protein's main use is to make body tissue, mainly muscle. The body can use protein for energy, but inefficiently, by first converting it to carbohydrates. Yet steak will give you more energy than, say, table sugar, because steak is such a generous source of fat.

**Q Which nutrients really provide energy?**

A The main sources are fats and carbohydrates, which is why they make up over 80 percent of most diets. Except for protein, the only other significant source is alcohol. Vitamins and minerals cannot give energy; they merely help you use it.

**Q But aren't carbohydrates and fats very fattening?**

A All foods that can supply energy can be fattening. You build up body fat when you don't burn up all the energy you take in. Fat is merely a way of storing excess calories or energy.

Of the three sources of energy (measured in calories), proteins and carbohydrates have about the same caloric value. Fats have more than twice as many calories per ounce. That is why reducing diets often limit fats. Yet for weight control, all that really counts is the total calories you consume.

**Q If this is true, how could a high-protein diet—mainly meat, eggs, and cheese—allow me to lose eight pounds in a week?**

A Two possible reasons. One is that diets like this (which are typically high-fat diets with too few carbohydrates) make you lose body water. You may stay as fat as ever, but you are dried out, so the scales indicate deceptively that you are lighter. A normal diet constantly replenishes both fluid and weight.

Second, if you adhere strictly to such a diet, it becomes mo-

Photograph: William Hopkins

**continued**

320033



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continued

# Nutrition

notonous and may produce nausea. Appetite decreases, but in an unhealthful way, since these diets are nutritionally unsound. And they may actually be unsafe for pregnant women and for patients with heart or kidney disease, high blood pressure, or a tendency to gout.

**Q What exactly are carbohydrates anyway?**

A Carbohydrates are sugars and starches. Starches are long chains of sugars. The sugar in our blood is the main fuel of our bodies and the basic fuel of life. Plants trap the energy of the sun by making sugars.

**Q Isn't it most healthful to keep carbohydrates low?**

A Not necessarily. For one thing, most of us eat too much fat, sometimes up to 50 percent of our diets or more. If we cut down on fats, carbohydrates must be our main energy source.

Also, for many of us, well-chosen carbohydrate foods are the best way to fill our nutrition gaps. Carbohydrate foods (such as grains, vegetables, and fruits) can provide the vitamins, minerals, and fiber overlooked in the diets of many Americans.

**Q Do "refined" sugars make people ill?**

A Refined sugars are merely pure forms of sugar, isolated from the plants in which they were found.

It is true that we ought not to give refined sugars too much space in our diets, not because they might make us ill, but rather because they offer us no other nutrients.

**Q Are vitamins C and E missing from our diets?**

A While these vitamins have been the subject of hot controversy over the past few years, the truth is that in America deficiencies of vitamin E are unknown (except in premature babies), and scurvy, the result of vitamin C deficiency, is extremely rare, usually seen only in people on bizarre diets.

Extra amounts of vitamins C and E are not known to be more useful than extra amounts of any other nutrient. Vitamin C has little or no known effect on colds or mental illness. Vitamin E is not known to prevent or cure heart disease or sexual impotency.

**Q Which vitamins really are missing from our diets?**

A None. But some vitamins—specifically vitamins A and B2 (riboflavin)—may be in sh supply in the diets of cert groups. And some groups of pe ple also may be low in B6 or fo acid, especially pregnant wom the elderly, and some women oral contraceptives.

**Q Might we also be short some minerals?**

A Yes, most commonly iron especially in women of chil bearing age and in children und the age of six. Some of us also g too little calcium and certa trace elements if we don't eat well-balanced diet.

**Q Won't supplements gua antee good nutrition f everyone?**

A It can't be guaranteed. The are at least 50 nutrient known to be essential for huma health, but the requirements f all these are not known, an fewer than half can be include in supplements. Nutrients suc as chromium, nickel, and tin, f example, must come from foo

**Q Is there a simple dietar way to get these other es sential nutrients?**

A Yes. The same sort of die that provides the bette known missing nutrients als tends to supply trace elements Most of us need only eat mor fruits, vegetables, and grains t fill the gaps. Particularly, mos Americans have lately tended t avoid grains, the starchier vege tables, and milk products in th false belief that they are fatten ing foods. Restoring such food to the diet can give most of u better nutrition.

**Q Is there some general rule of thumb we can use fo better nutrition?**

A It's difficult to make any general rule about nutrition that would apply equally to everyone, since individual eating habits are every bit as diverse as individual personalities. Yet it's felt most Americans could improve their nutrition by the following method. They could cut down on fats by about 20 percent and trim table sugar a little, perhaps ten percent. These calories then could be replaced with more vegetables, fruits, and grains.

Of course, thanks to the widespread new interest in nutrition, many people have already changed their eating habits in this way—and are now eating a much more healthful diet as a result. ■

*(Written by Ronald M. Deutsch, a noted science writer who has written many articles and two books on nutrition, including* The Family Guide to Better Food and Health, *Meredith Corporation, 1971.)*

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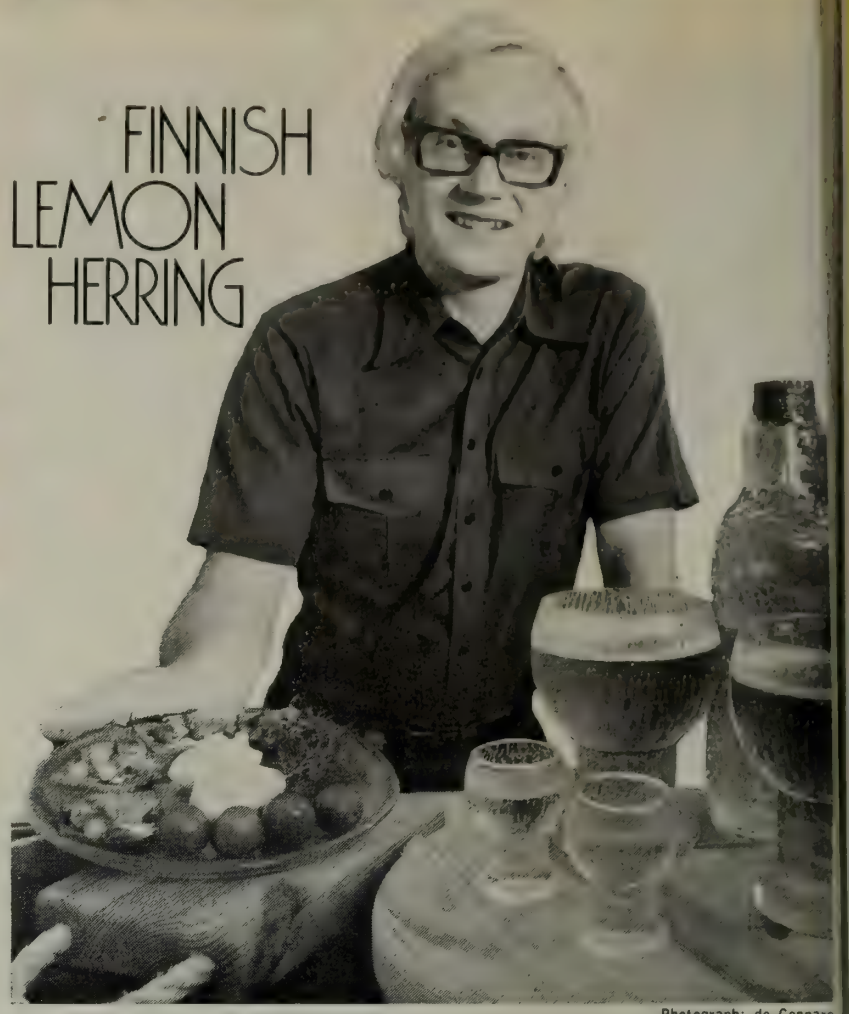
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# FINNISH LEMON HERRING



Photograph: de Gennaro

Entertaining in traditional Scandinavian fashion comes naturally to Tage Ström and his wife Betty because they were born in Finland. Now they live in Los Angeles where he is assistant trade commissioner at the consulate of Finland.

Although the Ströms enjoy many different foods and cuisines, they frequently treat guests to a smörgasbörd dinner that's true to their Finnish homeland. Tage usually takes charge of the appetizer course and serves his Finnish Lemon Herring with deviled eggs and cherry tomatoes alongside. The herring recipe is from central Finland and is just one of many versions of herring that Scandinavians enjoy. According to the Ströms, the appetizer has even converted some of their anti-herring American friends.

If you want to stick to Finnish tradition, Tage suggests you serve the herring with ice-cold aquavit (a classic Scandinavian liquor) or vodka. Pour the liquor into thoroughly chilled liqueur glasses, and accompany it with a beer chaser.

**Buying information, page 78**



Photograph: Dieter

**FINNISH LEMON HERRING**

*Salt herring is packed in brine and is available at most well-stocked delicatessens and fish markets—*

- **2 medium salt herring**
- **¼ cup lemon juice**
- **¼ cup water**
- **1 tablespoon sugar**
- **¼ teaspoon mustard seed**
- **⅛ teaspoon pepper**
- **⅛ teaspoon ground nutmeg**
- **2 whole allspice**
- **¼ teaspoon dried dillweed *or* several sprigs fresh dill, snipped**
- **1 small onion, sliced**
- **1 small carrot, sliced (⅓ cup)**

Fillet the herring; remove skin, if desired, plus the roe, bones, and tail. Place fillets in small bowl with enough water to cover. Cover; refrigerate at least 12 hours, changing water several times. Cut fillets in 2x1-inch pieces. In small saucepan, combine lemon juice, water, sugar, mustard seed, pepper, nutmeg, and allspice. Cook and stir till mixture boils; cool. In wide-mouthed jar, layer a few pieces of herring, some dill, onion, and carrot; repeat layers till all ingredients are used. Pour cooled liquid over herring mixture. Cover; refrigerate at least 24 hours and up to 2 weeks. Makes 2 cups. ■

# The books America is reading are in America's bookstore

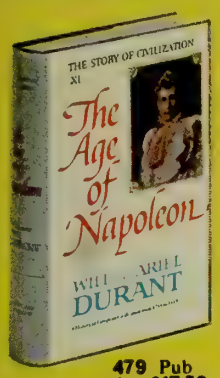
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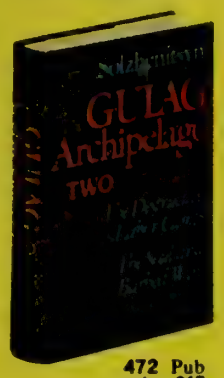
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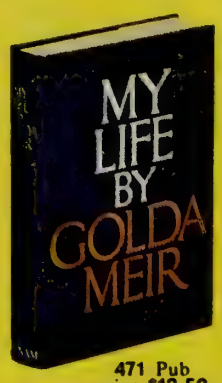

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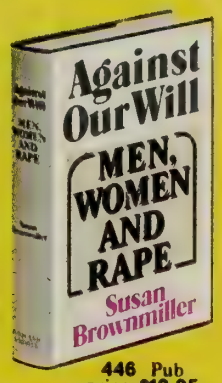

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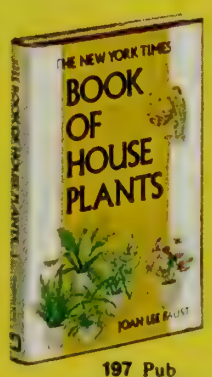
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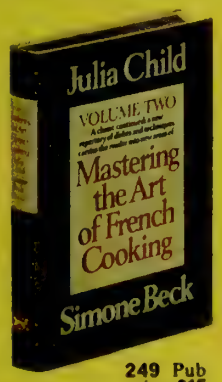
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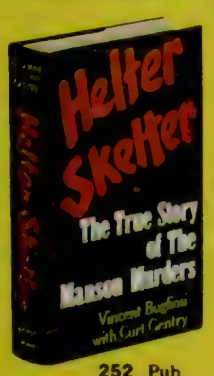
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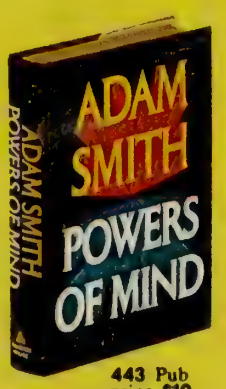

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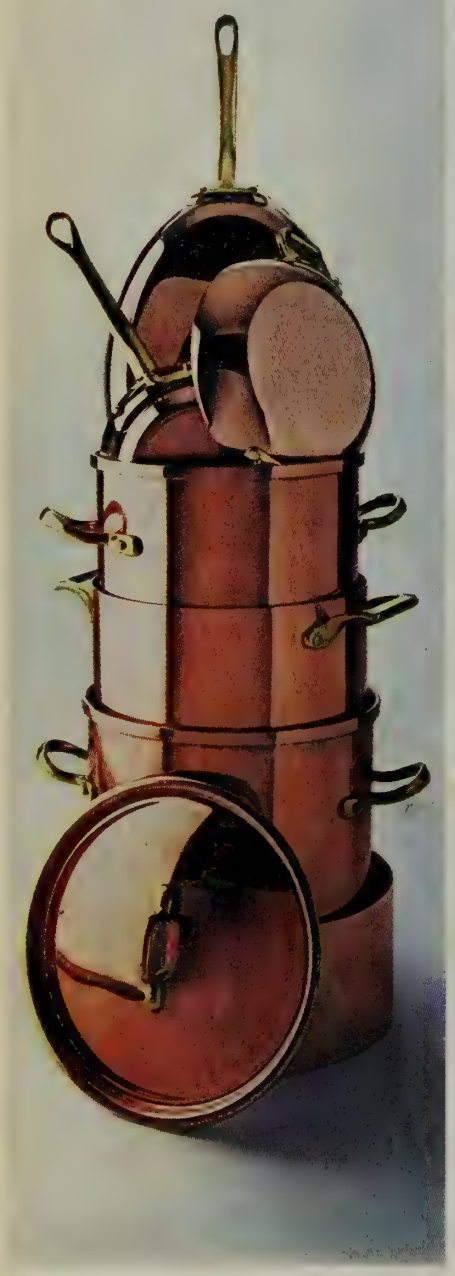
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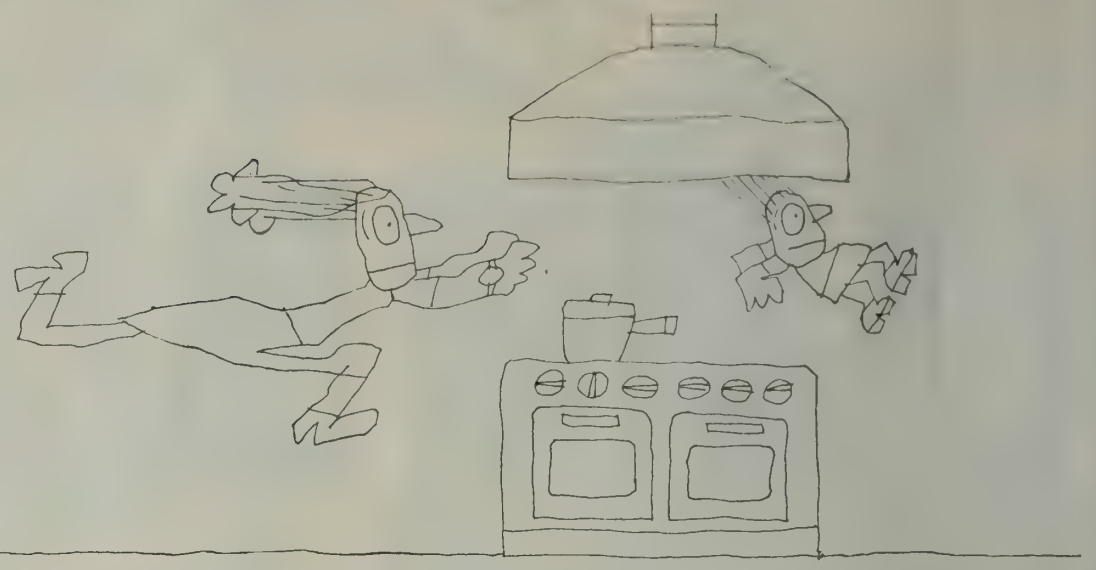
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By David Haupert

# VENTILATING FANS:



## WHAT'S RIGHT FOR YOUR HOME?

There's nothing glamorous about a ventilating fan. It has a nitty-gritty job: removing hot, smelly, greasy, smoky air. But few household devices can contribute as much to your health and comfort for so little money.

The need for a ventilating system can vary widely from house to house, depending mostly on the living habits of individual families. How you cook, entertain, and use laundry equipment all help determine the volume of indoor pollutants your household produces.

**The kitchen** is the biggest polluter in most homes, generating an average of roughly *200 pounds* of airborne grease per year. And that's just the beginning. When you consider the smoke, heat, steam, and cooking odors, it's clear you need relief.

The most effective way to remove all five kinds of pollutants is by using a range hood, mounted directly over the entire cooking surface (between 21 and 30 inches from the burners) and ducted to the outside of your house—either through the roof or on an outside wall. To determine the minimum ventilating capacity—CFM (cubic feet per minute)—you'll need, use this formula: CFM = 40 x lineal feet of range hood if placed along a wall; or 50 x lineal feet if hood is located above a peninsula or island range. For example, a 36-inch range hood should deliver a minimum of 120 CFM, or 150 CFM, depending upon where the hood is placed.

(Some manufacturers produce *ductless* range hoods which capture grease in washable grease filters and remove cooking odors by means of replaceable charcoal filters. But, unlike a ducted system, ductless units cannot exhaust hot, moist kitchen air.)

A wall or ceiling fan is your alternate choice for the kitchen, although neither installation will exhaust the air concentrating around the range area as efficiently as a ducted hood unit will. To calculate the proper CFM capacity for a wall or ceiling fan, just double the square footage of your kitchen. Thus, a 10x12 room (assuming standard eight-foot ceiling height) will require a fan that removes air at the rate of at least 240 cubic feet per minute.

Before buying any range hood or fan, be sure to plan your ducting route. The rooms above or abutting your kitchen will dictate the course you take. Remember that ducting must be directed to the outside, not into an attic or crawl space, because greasy air is flammable. Above all, follow the directions accompanying your hood or fan. And after the fan is in use, be sure to clean the grease filters regularly.

Hoods and fans not only vary by size and by the speed with which they move polluted air, but also by the amount of sound they produce. The sound level is measured in terms of sones, an internationally recognized unit of measurement. The Home Ventilating Institute has developed certified sone ratings for all room ventilating units, and these ratings are posted somewhere on the unit, alongside the HVI-certified CFM ratings. If you find a fan rated at three sones, for example, it will be half as loud as one rated at six sones. The maximum recommended sound level for a kitchen installation (up to 500 CFM) is eight sones, though most units are much quieter. And many larger, heavy-duty units are roof-mounted, so the sound is removed from the kitchen.

**The bath** is plagued mainly by two pollutants—odor and moisture. Whether or not you have an outside window, you'll want to consider at least a small fan for controlled ventilation, particularly if you have a shower unit. A fan is more effective than an open window in removing unpleasant odors and the moisture that fogs mirrors, corrodes metal, loosens wallpaper, and penetrates wood. If at all possible, duct the fan directly outside.

To calculate the CFM needs for your bath, multiply the square footage by 1.07. A 5x9 area, for example, would need at least a 48 CFM-rated fan. And, because fans are rated in steps of ten CFMs, shop for a 50 CFM unit.

The best place for a bathroom fan is above or near the shower or tub area. Maximum HVI sound rating is 6.5 sones.

**The laundry room** is a great producer of moisture and heat. Since they usually concentrate near the washer and dryer, the best location for an exhaust fan is as close to these two appliances as possible. To calculate fan capacity, multiply the floor area in square feet by 0.8. For example, a 10x15 room with standard ceiling height requires a fan rated at 120 CFM.

If you have an attic directly

**continued**

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# Do Your Friends Look Younger Than You?



Maybe that's a question you'd really rather not think about, perhaps because the answer is yes, they do look younger. And that's a small blow to your pride. After all, you know you're about the same age. And you lead similar lives. Why should you be the one whose mirror, in the hard, cold light of morning, reflects a less-young look?

Those friends may know a secret of looking younger, a secret they share with discerning women from many parts of the world who have experienced the benefits of a remarkable beauty fluid that helps keep women looking their youngest. The time has surely come for you to discover this unique beauty fluid for yourself. Quite simply, it is known in the United States as Oil of Olay beauty lotion.

Oil of Olay has a profusion of pure moisture, with tropical oils and other emollients, to gently ease away dryness, that dryness that harshly accents the little lines and wrinkles that can make you look older than you should. Or could. Soothe Oil of Olay on your face and throat. You can almost see your complexion drink in the skin-cherishing liquid. You'll be happily surprised at how quickly and completely Oil of Olay penetrates, alleviating dryness almost from the moment it touches your skin. And it never leaves a greasy after-feel. Ever. Soon your complexion takes on a renewed lustre and glow that you may have believed forever lost.

Oil of Olay works with nature in a marvelous and mysterious way to help maintain the oil-moisture balance of your skin, the balance necessary if you are to look as young as you can. It acts almost precisely like the skin's own moisture in combatting dryness, while it helps keep natural moisture within the skin to help maintain a more youthful looking complexion.

Women who want to look their youngest and most glowing make Oil of Olay an integral part of their beauty ritual. Join them. Oil of Olay faithfully every morning, either as a superb makeup base that lets cosmetics glide on beautifully, or simply to let your skin live in its own moist climate. Faithfully again every single night, so you may sleep knowing that the beauty fluid is continuing its good works during silent night hours.



You will find Oil of Olay at your drugstore. And it's quite likely that you will also find the secret of looking just as young (or even younger) than your friends.

**Beauty Secrets**

*Morning and evening are ideal times for Oil of Olay. But don't limit yourself to soothing it on just twice a day. Any time that your skin feels dry or taut, it may be asking for the gentle attention of the precious beauty fluid. Then respond to your complexion's needs with extra applications of Oil of Olay.*

* * *

*Lipstick or lip gloss slicks on more smoothly and easily over Oil of Olay®. Somehow your lips seem to look better and feel better with this tiny bit of additional pampering.*

continued

## Ventilating fans

above the laundry, you *can* duct the fan into that area, provided the attic itself is *well* ventilated. However, it's better to vent directly outside, if possible.

**The unventilated attic** space of most homes can reach temperatures in excess of 140 degrees every day the temperature outside is in the 90s. When this happens, the attic heat seeps down—even through insulated ceilings—to heat up the remainder of the house. The air conditioning works harder, the utility bills get larger, and summer heat begins to take its toll. In addition, high humidity often triggers damaging attic condensation in winter.

If this is the situation at your house, you can alleviate the problems in one of two ways: either establish a well-dispersed roof-vent system, or install a powered attic space ventilator in tandem with sufficient air intakes.

A carefully planned static-air vent system—one that functions without fans—will relieve the hot-air problem, if you have a sufficient number of well-located vents and if you live where frequent winds prevail. It's best to place intake vents under the eaves or in the soffits, outlet vents in gable ends and on the roof. (Roof placement is critical; try to position the vent within a foot of the ridge.) To calculate the total amount of area to devote to vents, multiply the square footage of your attic by .0035. For example, if your attic is 30x40, the total area for all vents or louver units should be 4.2 square feet.

**Powered ventilators** with automatic controls do a better job of reducing attic heat and humidity than a static-air system does. That's because powered units draw the hot, humid air out of the attic and replace it with cooler fresh air from outside—at a dependable and sufficiently high rate. Moreover, manufacturer and utility studies have indicated that a good power ventilator system can reduce the cost load of central air conditioning by a true ten to 30 percent, depending on peak temperatures and prevailing winds. To estimate the CFM capacity you need for a self-contained fan unit mounted in a gable wall—or, preferably, in the roof—multiply the square footage of your attic floor by 0.7; add 15 percent if your roof is dark. (This formula applies to most attics, regardless of shape and height.) By this rule of thumb, the 30x40 attic that was mentioned earlier will require a powered ventilator rated at 840 CFM or more, 970 CFM if the roof shingles are dark. (This formula is applicable only for H certified CFM ratings.) count on installing enough vered air intakes under the e or in other manufacturer-rec mended positions to provide square foot of free opening every 300 CFM of fan capac Most powered attic-space ven tors are available with ther stats, so they run only w needed and don't require ma operation. For attic condensa problems during winter mon some technicians recomm adding a humidity control de to the power ventilator.

**Don't confuse an "attic f** with a powered attic ventila An attic fan serves an enti different purpose. It's usu located in the ceiling just be the attic, and its function is replace air *throughout the ho* by drawing fresh outside through opened windows and hausting it through the attic. attic fan usually can be u only during the evening hour it draws hot, humid outside into the living area during day. And if you have central conditioning or live in a hi polluted area, an attic fan wil of doubtful value to you.

But for some homes an a fan is an economical and s factory solution to ventila problems. If your home quali here's how to estimate the ca ity you'll need: multiply length of your house by the wi by the room height (all in feet the number of floors (don't co the basement or attic as floo then deduct ten percent for ventilated space such as clos kitchen cabinets, and other s age areas. This gives you the t cubic feet your fan should m every minute, if you live in on the warmer states. In co climes, you'll need only ⅔ this capacity. The CFMs you culate will—of necessity—l larger than any we've discus so far. For example, a two-st 30x40 house with standard eig foot room height will requir fan with a minimum capacity 17,280 CFM if located in A zona, 11,520 CFM if in M nesota. One caution on the ve you'll need: An attic fan requ large outlet areas in the roof soffits for efficient operati

If you should decide to ins any of the fans discussed, probably can do most of the w yourself. However, if you'd p fer to hire someone to handle installation—or if cathedral c ings or other unusual featu void the formulas shown ab —get technical assistance fr a professional ventilating exp Check the Yellow Pages un "Ventilating Contractors." ■

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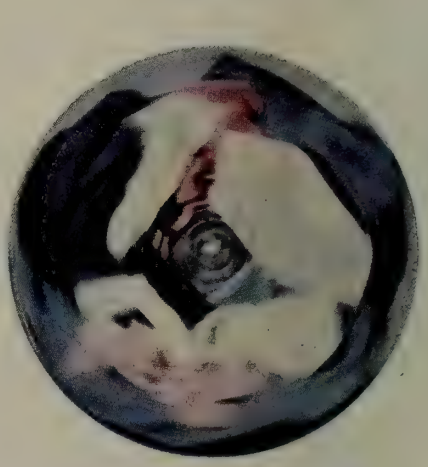
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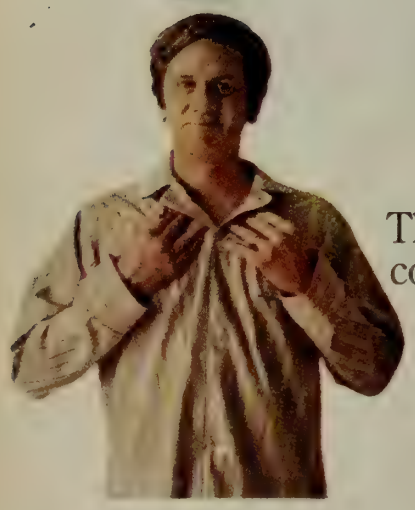
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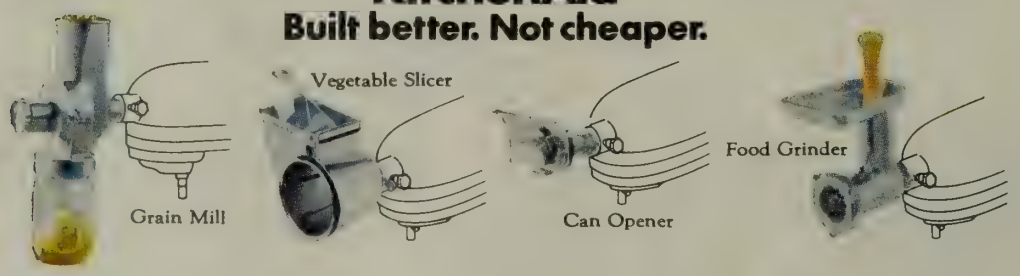
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# HOUSEPLANT HOW-TO

## How to care for holiday plants

Christmas gift plants provide lasting pleasure if given the proper attention. This isn't really so difficult; their basic needs are not greatly different from those of many houseplants you're already growing. When it comes to carrying over these Christmas gift plants for bloom another year, you can run into problems. We'll tell you what you have to do, and then let you decide whether it's worth the effort.

*Poinsettia* today is more prized than ever before, thanks to the development of longer lasting varieties. Now this beautiful plant's bracts and leaves hold well for a good two months. The white form has always been long lasting, and you can enjoy it into May with a minimum of care. In fact, you may well grow tired of it and discard it.



Photograph: Stanley

To keep any poinsettia in respectable condition, give it plenty of water. That doesn't mean soggy soil. Don't water a poinsettia (or any plant) just on general principles. Let soil surface start to dry and then water thoroughly again. Plants in bloom do not need sun. Display in a brightly lighted place away from drafts.

Making a poinsettia bloom another year is tricky, but go ahead and try if you enjoy a challenge. The usual advice is to cut a plant back and put it away for a few months, watering just enough to keep it alive. This is really just a means of getting the plant out of your way. If you have no place to conceal it, or don't want to, simply cut the stems back to three- or four-inch stubs and let it grow as an evergreen. New stems will put out promptly, and you'll have to pinch them back whenever they put up three sets of leaves. (The plant you received for Christmas probably has been treated with a growth retardant to keep it low and bushy.)

Light control is crucial, if you want bloom. Beginning in the fall, you should provide plants with extra hours of darkness. (This does not apply, of course, to warm areas—Florida and Southern California—where poinsettias bloom with the natural balance of day and night.) Even with all this effort, the show of bracts can be puny if you haven't fed your plant once a month from midspring to early fall.

*Azaleas* are not as temperamental as people think. It's true they do need a lot of water. That's because gift azaleas aren't growing in much more than peat, which dries out quickly. Add to this the moisture demands of a woody plant and you can see your problem. Water every day while plant is in bud and bloom, and keep it as cool as possible. After flowers fade, repot in soil mix that's one-third peat and feed with an acid azalea-camellia food. This is usually available in garden centers as many plants other than azaleas and camellias need acid soil. If you can't find the food, apply a solution of one-half teaspoon of vinegar in water every three weeks. Azaleas in soil need less water than they do in peat, but you still have to water them well at least twice a week.

*Cyclamens* will bloom their heads off if you give them enough water. This is simpler to provide than with azaleas.

**continued**


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continued

## Houseplant How-To

Just set your cyclamen in a saucer of water and replace water as it is used up. Cyclamens do best in a cool, sunny location. To have it both cool and sunny, you need a room on the east or south without its own direct source of heat. Heat from an adjoining room suffices. Another good display spot is a stair landing, which usually gets little direct heat of its own.

After four to six months of bloom, have no compunctions about throwing your plant away. You could, conceivably, let foliage die down gradually, water just enough to keep the tuber from shriveling or rotting, and see it put out again. Chances aren't with you, and you'll probably just end up frustrated.

*Kalanchoe* puts forth bright scarlet flowers for months, often into May. Water this only when the soil surface gets dry and cut off bloom stalks as soon as they fade. Succulent leaves appear to be tough, but they drop readily if plant receives too much or too little moisture. In spring, set plant in its pot in the border and make sure there's part shade.

*Chrysanthemums* are reliable if you water them every day. If foliage droops, you know you haven't done an adequate job. Florists' mums aren't hardy outdoors anywhere except in the warmest parts of the country.



Photograph: Stanley

### Do you know how to handle a zebra plant?

Aphelandra looks spectacular when you acquire it and for several weeks afterward. The dark green glossy leaves, striped white, are a good foil for the yellow flowers and bracts. In bloom, the plant needs watering only when soil surface starts to dry.

After flowering, lower leaves start to drop and the plant becomes leggy and unattractive. It's easily renewed by taking tip cuttings four to five inches long and inserting them in perlite, vermiculite, or sand. No need to remove leaves. One or two may yellow and drop but then again, they may not and you'll have a more lush plant to start with. Don't discard the base. It may sprout in two or three weeks, or it may take three months. We had one old stem that failed to respond to watering. In fact, it looked so dead that we put it in a cabinet with extra pots, planning to throw it out. One waterless month later, we rediscovered the stub and it was in healthy growth! In other words, if the old stub doesn't go into action quickly, be patient and hold off drastically on water.

### A handy plant for minor burns

*Aloe vera* can't compete with zebra plant for showiness, but its fanlike sculptural growth is definitely interesting. Keep an aloe plant in the kitchen to soothe minor burns or cuts. Break off the end of a leaf and rub the cut end on your injury.

Aloe should give you no problems, providing you grow it in porous soil and water lightly only once a week. Plantlets are produced around the base of the older plant. Separate them gently with their own roots and pot up individually.



Photograph: Hopkins

### African violets

If they are next to a window on zero-degree nights, drop a sheet of aluminum between the plants and the glass for warmth radiation. Remove in daytime so plants aren't shaded.

### Start wax begonias from seed

Plant now for good-size begonias by summer. Sow on moist milled sphagnum and cover container with plastic. Seed takes several weeks to germinate. When seedlings develop a pair of good leaves, transfer to small pots, using a porous mix.

# Brunch thout bother

*ze through brunch, with no ninute kitchen muss or fuss.*

**MENU**
**Winter Fruit Bowl**
**Fancy Egg Scramble**
**Muffins Butter**
**Coffee**

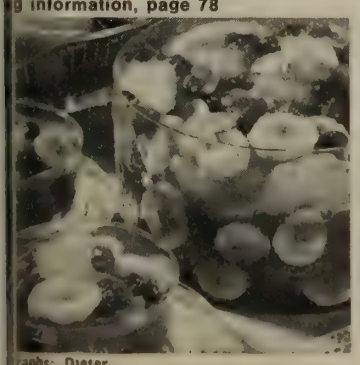


**CY EGG SCRAMBLE**
**up (4 ounces) diced Canadian acon**
**up chopped green onion**
**blespoons butter or argarine**
**eaten eggs**
**ounce can mushroom stems nd pieces, drained**
**cipe Cheese Sauce**
**aspoons butter or margarine, elted**
**ups soft bread crumbs slices bread)**
**aspoon paprika**

large skillet, cook Canadian n and onion in the 3 tables ns butter or margarine till n is tender but not brown. eggs and scramble just till Fold mushrooms and cooked into Cheese Sauce. Turn a 12x7x2-inch baking dish. bine remaining melted but crumbs, and paprika; sprin top eggs. Cover; chill till 30 ites before serving. Bake, un red, in 350° oven for 30 ites. Makes 10 servings.

*o make Cheese Sauce:* Melt *blespoons butter or marga* blend in *2 tablespoons all ose flour, ½ teaspoon salt, ⅛ teaspoon pepper.* Add *2 milk;* cook and stir till ly. Stir in *1 cup (4 ounces) dded process American se* till melted.

g information, page 78



raphs: Dieter


Of all filter kings tested:

# Carlton is lowest.

**Look at the latest U.S. Government figures for other brands that call themselves low in tar.**

| | tar, mg/cig | nicotine, mg/cig |
|---|---|---|
| Brand D (Filter) | 15 | 1.0 |
| Brand R (Filter) | 14 | 0.9 |
| Brand K (Menthol) | 13 | 0.8 |
| Brand D (Menthol) | 13 | 0.9 |
| Brand M (Filter) | 12 | 0.8 |
| Brand T (Menthol) | 12 | 0.7 |
| Brand V (Filter) | 12 | 0.8 |
| Brand V (Menthol) | 11 | 0.8 |
| Brand T (Filter) | 11 | 0.6 |
| **Carlton Filter** | **4** | **0.3** |
| **Carlton Menthol** | **4** | **0.3** |

Carlton 70's (lowest of all brands)—
2 mg. "tar", 0.2 mg. nicotine




Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Filter and Menthol: 4 mg. "tar", 0.3 mg. nicotine av. per cigarette, FTC Report April '75.


**WINTER FRUIT BOWL**
**4 medium grapefruit**
**1 cup sugar**
**½ cup orange marmalade**
**2 cups (8 ounces) fresh or frozen whole cranberries**
**3 medium bananas**

Pare and section grapefruit, reserving juice. Set grapefruit sections aside. Add enough water to juice to measure 1 cup liquid; combine with the sugar and marmalade. Heat to boiling, stirring to dissolve sugar. Add cranberries; cook and stir till skins pop, 5 to 8 minutes. Remove from heat; cool. Add grapefruit. Cover and chill. Just before serving, slice bananas and stir into chilled grapefruit mixture. Makes 10 servings. ■

# Painful elimination is unnatural.

Many people have experienced the pain of dry, hard stools. And many have come to accept this, as if it were a natural part of elimination.

But there's nothing natural about it.

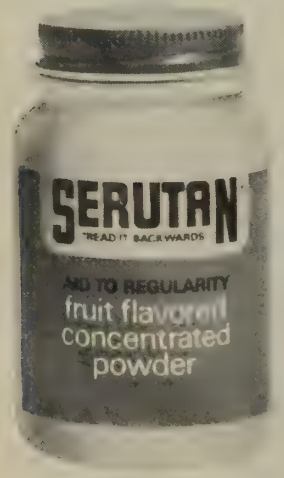
No matter what your age, you should have comfortable elimination.

And Serutan makes this possible.

Serutan is the effective laxative that forms a smooth gel in the lower digestive tract, where it combines with intestinal waste to give you comfortable relief.

There's no strain, and nó cramps. That's because Serutan, with its natural ingredients, adds the necessary moisture and bulk to work *with* your system for smooth, easy results.

If you suffer from painful elimination due to constipation or dry, hard stools, try Serutan. You'll be very comfortable with it.









# WHAT'S WHAT IN SOAP

**Virtually every single soap manufactured today rates high in terms of cleansing efficiency. But that doesn't mean that all soaps are alike. In fact, not everything called soap today *is* soap: some soaps are made from synthetic detergents.**

In the 19th century, Pasteur identified the relationship between lack of cleanliness and disease. Today, the usefulness of soap and water is acknowledged by all (with the possible exception of small boys).

The first soaps were a combination of wood ashes from the fireplace and grease from the family cooking pots. Soap was, typically, a foul-smelling concoction that often was quite hard on the skin.

Today's soaps have pleasant scents ranging from apple to yucca, and they're usually very good for your skin.

## How does soap work?

Soap, when combined with water, separates dirt and other substances (including germs) from the skin's surface, breaks them up, and holds them in the lather until they can be rinsed away.

Too frequent use of soap or too harsh a soap can leave you "too clean"; that is, with a sensation of skin dryness.

Allergic reactions to soap are rare, but sometimes skin problems are worsened by vigorous use of soap and water. If the problem persists, a doctor may be able to suggest alternate methods of cleansing.

## Do soap needs change much with age?

Very definitely. For mature and aging skin, the natural decrease of skin oil production may call for less use of soap and water. Soap cleansing then should be confined to the skin folds, such as the underarms, genital areas, and toes; water alone is often adequate elsewhere. A daily sponge bath, with a short tub bath or shower once or twice a week, may suffice to keep skin clean.

Adolescents, on the other hand, are often troubled by acne. Their skin needs frequent and thorough cleansing to reduce the excessive oiliness. Many doctors recommend a brisk scrubbing two to four times a day with soap and hot water.

For the infant, tepid water alone is often a sufficient cleanser. Overuse of even mild soap (the typical "baby" soap), particularly in warm weather, can irritate the skin and may even result in prickly heat rash.

## What else should determine the choice of soap?

Health, climate, season of the year, humidity, occupation, and heredity all affect the condition of your skin and thus your soap needs. A little experimenting should reveal which soap works best for you. Also, your decision may be influenced by the soap's cost, its perfume, and even whether its color matches your bathroom.

## What are the basic types of soap?

The familiar **soap bar** is the most widely available product. Its basic ingredients are selected fats (animal and vegetable, including coconut and olive oils) and alkalis (such as lye), to which coloring and (generally) perfume are added. The soap is processed or milled once, then compressed, extruded as a continuous bar, cut into exact pieces, stamped, and packaged.

A refinement of this bas process is used to produce mult milled or "French" soap, or that's low in alkalinity and ver mild. The soap is milled man times before it is molded int bars; the result is a product wit a fine texture, low moisture con tent, and a scent that las throughout the life of the bar.

**White floating soap** stays o top of the water because of a bubbles trapped inside during th manufacturing process. The soa has a very high moisture conte and usually melts rapidly.

**Superfatted or cold crea soaps,** as the name indicate contain extra fatty materials th are less drying than most soaps

**Transparent soaps** diff from regular opaque soaps both the combination of ingred ents and the method of manufa ture. Such soaps include add tional oils, primarily castor o and/or resin. They generally a formulated to be less alkalin than opaque milled soap.

**Synthetic detergent bar** which generally are made fro petroleum derivatives, functio essentially the same way as tr soap. The principal difference that the synthetics are "scu less." In hard water areas, soa react with minerals in the wat (chiefly calcium and magnesiu salts), sometimes leaving a scu on the skin or the tub, but sy thetic detergents do not. Sor bars combine soaps and dete gents. While soap products gen ally are labeled "soap," det gents may be indicated by t wording "no soap scum."

**Deodorant and antibacter soaps** contain germicidal age that kill odor-causing bacte on the skin's surface. Soaps w germicidal ingredients are l lieved to be more effective th plain soap in reducing supe cial skin infections. ■

*Lynne Lamberg*

# WHOOP-EE! IT'S FREE

## DISNEY'S "Peter and the Wolf"

Plus a free 14-day treat . . . to help your 4 to 8 year-old to easier, happier reading!

**Take this exciting read-it yourself book for your 4 to 8 year old FREE just for looking at these**




**3 other DISNEY Books for only $1.95** (plus delivery)

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**PETER AND THE WOLF**

Grandpa told him to stay out of the forest, but Peter won't rest until he's caught a wolf. For no one could be surer of himself than the little Russian boy in this exciting reading adventure . . . until he really does meet up with a big, hungry wolf!

Here's a delightful gift for your 4 to 8 year-old! A big, beautiful, DISNEY book to keep, absolutely FREE! Plus 3 other DISNEY read-it-yourself books to enjoy for 14 days without cost or obligation. If you decide to keep the 3 books after the free trial they're all yours for only $1.95 plus delivery (instead of the retail price of $8.95). You save money.

More important, you'll give your child the opportunity to discover the special kind of fun that's thrilling over 500,000 youngsters all over the U.S. — DISNEY'S WONDERFUL WORLD OF READING! It's the only book club in the country that offers these exclusive DISNEY books. Every one carries the GOOD HOUSEKEEPING SEAL . . . your assurance of complete satisfaction!

All of your child's favorite DISNEY characters appear in these exciting stories! Mickey Mouse, Peter Pan, Pinocchio, Dumbo, Donald Duck. Snow White, Bambi and many more . . . spun magically together by the genius of DISNEY. All are lavishly illustrated in full color.

Try the books and see! You have nothing to lose and even more to gain than the considerable savings. (Save over $9.00 on the first shipment alone.) For with books like these to keep a child royally entertained, learning to read better and better comes naturally. And along with it, the self-confidence that can bring success throughout the school years!

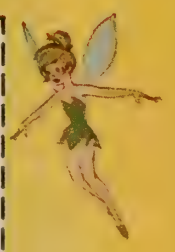
So use the postpaid order form now to send for a FREE copy of "Peter and the Wolf," plus the 3 introductory DISNEY books to examine for 14 days. If you keep the 3 introductory books for only $1.95 plus delivery, your child will receive a book a month . . . at the members' special low price of $2.25 plus delivery instead of the retail price of $2.95. You may cancel at any time. In any case, the FREE book is your child's to keep.



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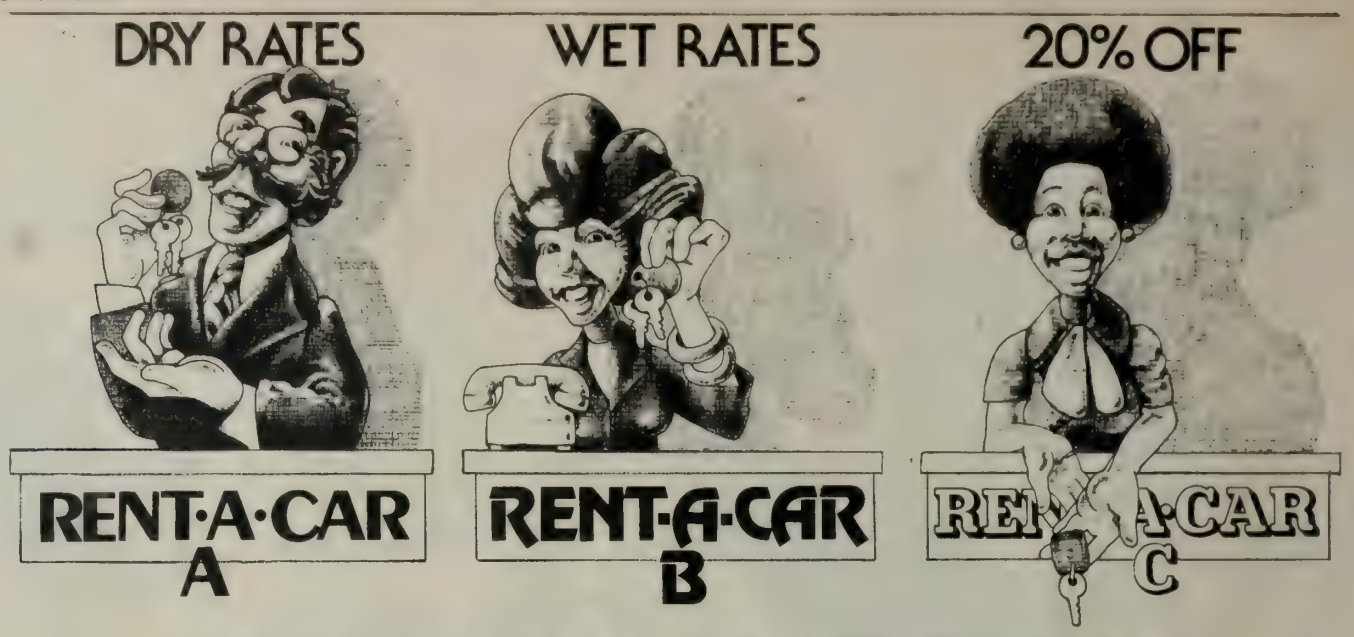
Child's name _____ (please print) Age _____

Address _____

City _____ State _____ Zip _____

Parent's Signature _____ 30569

Also available in Canada at a slightly higher price. Shipment and services from Canada.




# CAR RENTALS

## GETTING THE BEST DEAL

For most of us, vacation is all too brief—just a couple of weeks and it's over. And that raises a question: Should you take your car? You'd probably save dollars that way, but you may squander precious vacation days driving hundreds of miles just to get to where the fun begins.

It might make more sense to fly to a city near the places you plan to visit and rent a car there. You'll stretch your vacation, do more sight-seeing, and cover more ground where it counts.

Unfortunately, you can't always assume that you'll automatically get the best or lowest car rental rate for your needs. The rate structure is a complicated maze that varies according to size and type of car, where and when you rent it, how far you drive it, how long you keep it, where you return it, and whether you decide on a national or local rental firm.

### And that's not all

People in the reservations offices are also under great pressure to get you to reserve a car—any car—and then get you off the line. Why? Because call volume is almost always heavy, and because some firms rate individual job performance by the number of calls handled. So, when you call seeking full information and comparison prices, you may find yourself in an adversary position with the person answering the phone. The industry is beginning to correct this situation, but it will take time. Meanwhile, the best way to get the best deal is to understand some basic facts about rental rates and know the right questions to ask—persistently.

Here are some of the key factors that influence rental rates:

**Car size.** Understandably, it will cost you more to rent a Cadillac than a Pinto.

**Where you rent the car.** Not all cars are available in all cities all the time. And not all rates are available everywhere. As a general rule, both luxury and economy cars become increasingly scarce in smaller towns. They seldom offer the special or vacation rates that you're likely to find in larger cities.

**Where you return the car.** In many cases, money-saving rates and special deals are available only if you return the car to the city where you rent it. There are exceptions to this. In California, for example, a car rented from one of the major rental firms can be dropped off almost anywhere.

**How long you keep it.** Generally, the longer you keep the car, the less it costs per day.

### Reading the rates

A car rental company's brochure may list dozens of different rates, depending on the above factors and the type of rate involved, but basically there are four kinds of rates:

**Wet rates.** A wet rate is one in which the rental company reimburses you for gas. Charges are based on so many dollars a day and so many cents a mile. But note carefully: The term "day" may mean anything from eight to 24 hours, depending on which company you choose.

The wet rate is most practical for business trips that don't entail much driving. Business discounts usually apply.

**Dry rates.** A dry rate simply means that you buy your own gas. Most basic car rental rates are dry rates, although major rental companies will quote both wet and dry rates. In many cases, to get a dry rate you must return the car to the city in which you rent it, and you may have to rent a particular type or size of car. Regular dry rates are based on so many dollars a day and so many cents a mile, as are wet rates; the difference is the price of the gas, which you furnish. Business discounts normally don't apply.

**Holiday and weekend rates.** These are reduced dry (buy-your-own-gas) rates. There are several versions, but normally the rates are offered only in large cities where business is slack on holidays and weekends. In New York City, where business is never slack, these rates won't apply. Generally, you have to return the car to the city in which you rent it and be willing to take whatever size car is available.

**Unlimited mileage rate.** This is a dry rate in which you pay a flat fee. Thus, it's most practical for long-distance driving. The rate is available primarily in larger cities, and again you normally have to return the car to the same city in order to get the rate. As mentioned earlier, there are exceptions to this in some states. The top three rental firms require you to keep the car a minimum number of days, ranging from three to seven. Other firms have unlimited mileage plans of shorter duration.

Vacationers almost always save money by using the unlimited mileage rate.

Now that you know generally how the rates apply, you need to know exact rates for your particular plans. The best way to get them is to provide the rental agent with the information he or she needs. Begin the conversation by stating what size car you'll need, where you'll rent and return it, and how long you'll keep it.

### Flexibility can pay off

But be sure to allow yourself some leeway. Before you call, check your map for a couple of alternative rent-and-travel plans.

Finally, keep these tips in mind:

- Find out how the rental company defines a "day." The cost difference between an eight-hour "day" and a 24-hour one can be considerable.
- Always ask about the contingencies that may apply to the rates quoted you. Do you have to return the car to the same city? Will the rates be different if you keep the car longer, or return it sooner? Do you have to keep the car a certain number of days?
- Don't ask for only one kind of rate. Even if you think you know which will be best, or a computer has preselected a probable "best" rate for you, ask about all four types. For instance, you may be employed by a company that gets a discount from a car rental company. Or, perhaps you're not driving too far, and thus might save by taking the wet rate. At the same time, don't automatically reserve with the company where your business rents cars. The discounts commonly offered might mean a smaller saving than a non-discounted rental from a company that simply has lower rates.
- Ask about a discount even if you don't think you qualify for one. Rental agencies in many areas routinely extend courtesy discounts to firemen, librarians, and people they happen to like. A reservationist in one office said, "If they're wearing a suit and they ask, we give them a discount." ■

# Q. Does Western Auto pack a coupon for Tide in every new automatic washer?

# A. Do football players get tackled?




No question about it, tackling and football go together. Just as Western Auto and Tide. Because inside of every one of Western Auto's new Citation Imperial I automatic washers, you'll find a Tide coupon worth 40 cents. And that's a pretty good reason to try Tide. But we think you'll become a Tide regular because of the way Tide cleans.

Tide was made to get out the really tough dirt...the dirt kids get into. You see it every time you sort the wash... grimy knees, muddy elbows, sometimes dirt that's even ground through to the inside. But you'll find you can trust Tide to get out the dirt kids get into. Try it. Tide'll do the job on the rest of your wash, too.




The Citation Imperial I has 8 cycles with 5 water temperature selections and 3 speed combinations to wash any type load. This washer also has a permanent press cool-down spray to help eliminate wrinkling in all modern fabrics.

**Tide has agreed with washer makers to supply Tide coupons packed by them and to feature their washers in Tide advertising.**

The makers of 17 washers pack Tide coupons in every top-loading automatic.

# Crafts You Make for Winter Fun... from BH&G

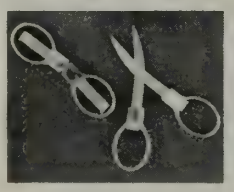


**Bouquet-In-A-Basket** Add a cheerful note to any room with a bright, perky flower basket you make yourself. Available in blue/green or orange/yellow, it's perfect for centerpieces, mantels, tables — anyplace! It's freshness and beauty lasts all year 'round. Everything you need is in an easy-to-assemble kit: imported reed basket, decorator paper, pompoms for flowers, dried flowers, stem wire, floral tape, glue, styrofoam holder, and complete instructions. Finished bouquet is approximately 10" round x 12" high. Order one for Spring and one for Fall.



**Repose** A real work of art in crewel. Designer Phyllis Hall brings you a distinctive new dimension in needlework. Simple but dramatic, this impressive piece is extremely easy to do. Kit comes with design stamped on homespun, 100% acrylic yarn, needle, and complete easy-to-follow instructions. Fits our 12" x 20" walnut finish wood frame.

**OUR GUARANTEE: Full refund if not completely satisfied.**



**Folding Scissors** Ideal for hobby crafts, sewing kits, and needlework. Keep them handy without danger of sharp points and blades. Quality stainless steel, scissors fold inside themselves. Only 3-1/3" by 1" folded, can be safely carried in purse or on a chain around your neck.

Quantity

____ **No. 11161 Bouquet (Blue/Green) $7.99**
____ **No. 11162 Bouquet (Orange/Yellow) $7.99**
____ **Both or two of the same for $14.98**
____ **No. 00598 Repose $4.99, 2 for $9.48**
____ **No. 00599 Kit and Frame $11.48, 2 for $21.95**
____ **No. 13158 Folding Scissors $3.50, 2 for $6.48**
____ **No. 00900 New! Spring 1976 Crafts Catalog, 25¢ including postage and handling**

*Please include postage and handling. For orders up to $5 add 60¢; $5.01 to $10 add $1; $10.01 to $15 add $1.35; $15.01 to $25 add $1.70; over $25 add $2.*

Total of Merchandise $ _____
Postage and Handling $ _____
Please include applicable sales tax $ _____
Total $ _____

Send order and remittance to:
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**Box 374, Des Moines, Iowa 50336**

**TO SPEED DELIVERY, PHONE TOLL FREE**
If you wish to use your credit card fill out the boxes at right — or **speed delivery by phoning toll free 800-228-2048,** 24 hours a day (in Nebraska, call collect, 402-571-3358).

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# Step-by-step project scrapbook

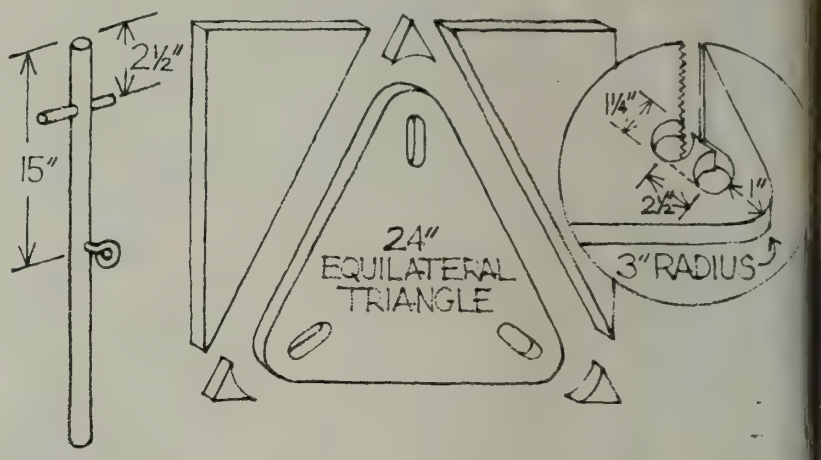
**This is a new feature for us, the first of a continuing series small around-the-house projects. In the months ahead, we hop to show items that are not just problem solvers but are also fun build and use. All of the projects in this series will be easy to d**

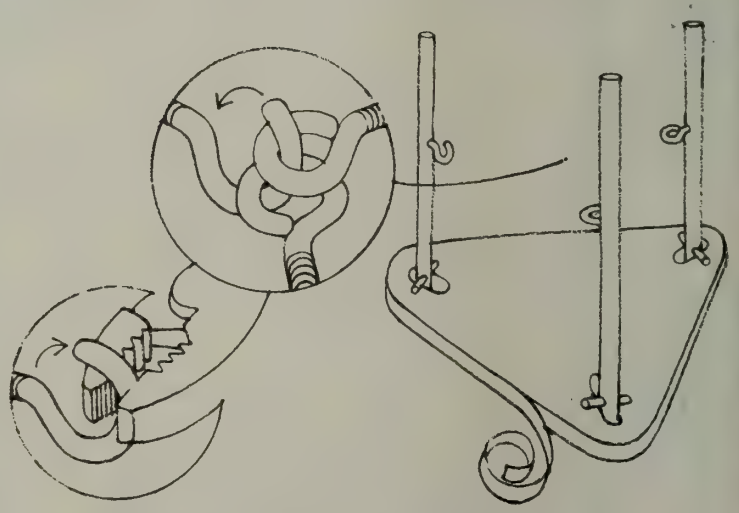
## 3-LEGGED COLLAPSIBLE TABLE

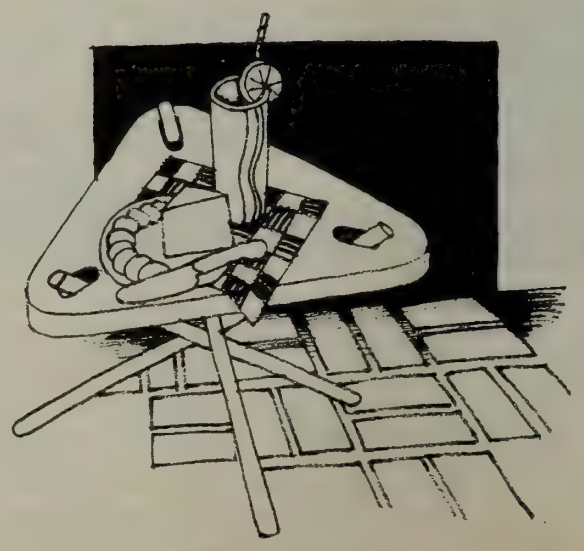
Depending upon the finish you use, this table can be used either outdoors or indoors. It can also be taken apart and stored in minimum space. You'll want to build several.

MATERIALS:

3 - 1⅛" DIA. DOWELS 26" LON
3 - ¼" DIA. DOWELS 3" LON
3 - ½" DIA. SCREW EYES
1 PC. - ¾" PLYWOOD - 24" x 24"



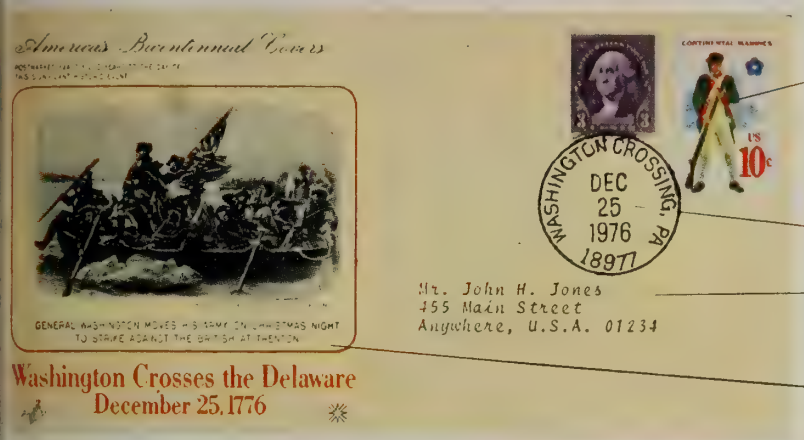


Design: David Ashe. Drawings: Hellman Design Assoc.

# AMERICA'S BICENTENNIAL COVERS 1776★1976

## HERE IS AN HEIRLOOM COLLECTION THAT WILL PROVIDE ENDLESS FASCINATION FOR YOU AND FOR FUTURE GENERATIONS IN YOUR FAMILY.

## AT A SUPRISINGLY MODEST COST, YOU CAN ACQUIRE A SERIES OF TEN ENGRAVED COVERS . . . EACH POSTMARKED EXACTLY 200 YEARS TO THE DAY AT THE SITE OF A KEY 1776 EVENT IN OUR NATION'S BIRTH.




**Historic U.S. Stamps** — Selected for their appropriateness to the event commemorated. The stamps used on this cover are the 1932 George Washington stamp and the recent Continental Marines issue.

**Historic Postmark** — Postmarked 200 years to the day at the site of the key Bicentennial event.

**Personally addressed to** you or whomever you designate.

**Beautifully hand engraved cacheted envelope** capturing the full significance of the event commemorated.




Consider the heirloom value of a set of beautifully designed cacheted postal covers commemorating the Bicentennial observance of each memorable event in America's relentless march toward independence.

★

Imagine the fascination of reliving the historic days of 1776 through a step-by-step series of commemorative covers to recall each momentous event *exactly two centuries after it occurred!*

y 1776 — 200 years ago — it had become obvious to our forefathers, that the interests of England and merica would never be reconciled and that America had to become a *free* and *independent* nation. o commemorate the 200th anniversary of key 1776 events in our forefathers' heroic fight to establish merica's independence, we are proud to announce a series of 10 America's Bicentennial Covers for 1976. handsome cacheted cover, bearing historic stamps appropriate to the event commemorated, can be ldressed to you from the site of each of the 10 historic 1776 events.

| ent | Date | Place |
|---|---|---|
| ritish Evacuate Boston Harbor | March 17, 1776 | Boston, Massachusetts |
| ance Contributes $200,000 to Colonists' ause | May 2, 1776 | Paris, France |
| hn Paul Jones Receives First Command | May 10, 1776 | Providence, Rhode Island |
| attle of Charleston (Sullivan's Island) | June 28, 1776 | Charleston, South Carolina |
| eclaration of Independence Signed | July 4, 1776 | Philadelphia, Pennsylvania |
| attle of Long Island | Aug. 27, 1776 | Brooklyn, New York |
| he Heroism of Nathan Hale | Sept. 22, 1776 | New York, New York |
| ashington Establishes the U.S. Cavalry | Oct. 30, 1776 | Long Island City, New York |
| homas Paine Publishes "Crisis Papers" | Dec. 19, 1776 | Philadelphia, Pennsylvania |
| ashington Crosses the Delaware | Dec. 25, 1776 | Washington Crossing, Pennsylvania |

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WESTPORT COLLECTORS SOCIETY (a division of MBI Inc.)

# SPACE TO SPARE?

# Spend it on a Snuggery

By Steve Mead and Ciba Vaughan

According to Webster, a snuggery is "a cozy place or a small, comfortable room." If that sounds like something you'd enjoy having in your own home, read on. We'll show you how careful planning, a little remodeling, and a crafty touch or two can turn spare space into a room that's both snug *and* serviceable.

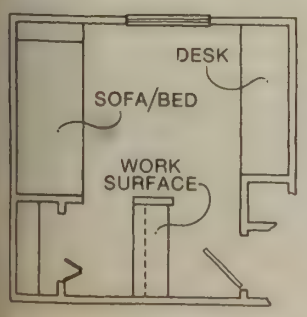
At the outset *(smaller photos),* this 10 by 11 room was a cheerless drop-in spot—used a lot but never really pulled together. We began our remodeling by building out, to make bĕtter use of the full wall at left. The resulting alcove is backed with prefinished oak flooring (about 64 cents a square foot) installed at an angle. The platform daybed, which has built-in storage for guest linens, doubles as a seating unit. The mattress cover, bolsters, and wall-hung cushions are stitched from synthetic suede. (Sewing how-to, page 71.)



Photographs: Hendrix Interior Design, Suzy Taylor



**Before:** We started with the usual extra bedroom; nearly square, it had a single window and no interesting architectural features. Converting the closet gave an extra dimension to the room.




**After:** By extending one wall to enclose the sofa bed and building a small work surface out from the third wall, we broke the room up into three well-defined activity areas without sacrificing space.



Buying information, page 78

**The typical clothes closet was underused and unhandy.** After removing the doors, header, and closet pole, we built in a birch-faced plywood storage system. The plastic-topped desk and cabinet unit doubles as a vanity table for guests. You could scale a similar unit to suit your own storage needs and closet size.

**The low tables are easier to make than they look.** Use a strip heater to bend a sheet of smoked acrylic plastic to shape. Add cutouts of suede fabric, then bolt on a square of clear plastic. To make shutters, sand geometric patterns onto four strips of plastic; assemble, shutter-style, with butt hinges.

A suspended shelf unit and a narrow table built out from the wall set off a handy sewing station. To reinstate hanging space —a must for guests—we built a new closet behind the sewing nook.

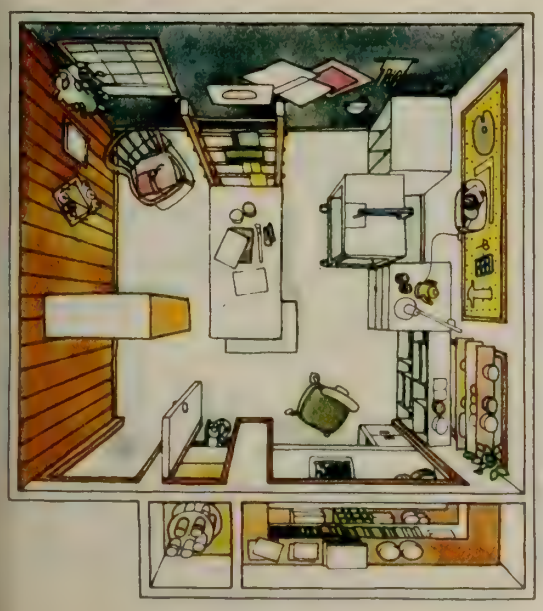
# SPACE TO SPARE?

# Create a Place for Crafts

If your family has been bitten by the craft bug, consider converting that spare room into a family workshop. Our "craft place" measures just 10 by 12, but whether your passion is sewing or sawing, there's room for it here. And if space is scarce, adapt just one or two of our storage, display, and work space ideas to turn an under-used corner into a mini-place for crafts. Approximate costs if you build these units yourself: cubes, $35 each; jigsaw cart, $50; desk unit, $40; window shelves and display unit, $25; table and ladder, $75; yarn unit, $60.



**Open storage yields double dividends,** since easy access also makes for easier cleanup. Example: Our bright yellow pegboard accommodates even the most awkward tools with everything-in-its-place efficiency. Counter-height cubes *(above)* double as work surface and storage space. Divide one unit vertically, add roll-out shelves to another. Stash craft supplies in individual tins and plastic dishpans for handy storage and retrieval.



**Plotting your projects can be half the fun of crafting,** so you'll want to plan for desk space in your workroom. We turned a built-in closet into a neat, out-of-the-way work spot by removing the sliding doors and installing a laminated plastic-topped plywood desk and recessed shelving. Bulky craft books and little-used items stack on top shelves, and a ceiling light helps you keep track of what's up there.

**For sorting and storing small odds and ends,** round up a collection of mugs and baskets and see-through plastic boxes. Beneath the desk, an inexpensive, pint-sized file cabinet keeps clippings, catalogs, and how-to material handy.

**Suitable seating is a must, of course.** A comfortable architect's stool like the one above is a good investment, since it adjusts from desk to counter height with a twist of the wrist.



**Simple woodworking projects are a snap** with our roll-out jigsaw setup. A table jig fits atop a metal rolling cart. Add hinged plywood flaps to extend the work surface and make the cart flush with counter units. Stackable plastic vegetable bins hold power tools and paraphernalia. (Note outlet strip beneath the pegboard.)

# SPACE TO SPARE?

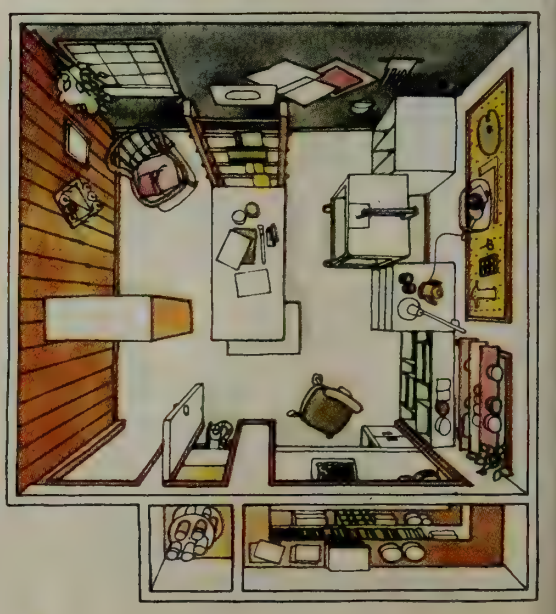
# Create a Place for Crafts

**To make the most of natural light** in your workroom (and eke out a bit more storage space), think bracket shelves. Use sturdy planking, and don't overload if you want to avoid the swayback look. Glass bottles and jars are a decorative extension of the open-storage principle; you can tell at a glance what's there and how much of it you've got.

**The shallow shelf unit under the window** provides neatly sectioned display space. You can tailor shelves to show off your own and other's handiwork.

**Open storage plan or not, some stuff is better off out of sight.** A small linen-size closet can be outfitted to keep the *really* messy junk in line (see floor plan, right). Stack glue pots, paint cans, cleaning supplies, etc., on plastic turntable units so that you can get at them easily.

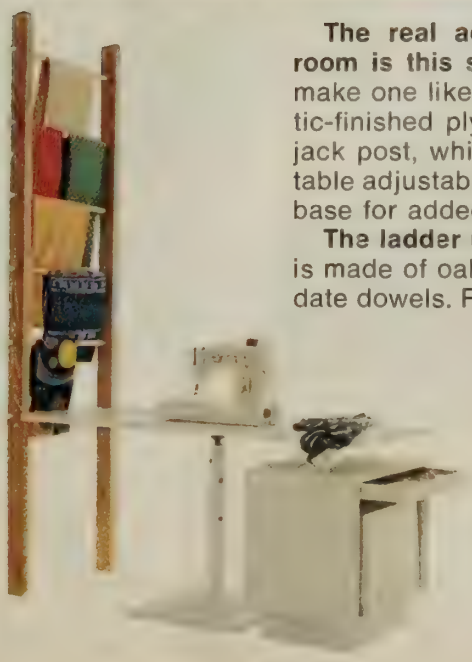
**A heavy-duty shop vac** (one that wolfs up sawdust, stray nails, and fabric scraps) might be stored on the floor of the closet. And don't forget a hand fire extinguisher. *No workshop of any kind should be without one!*



**There's plenty of room here for the "soft crafts," too.** A cork wall keeps sketches, patterns, and needlework-in-progress handy. The opposing wall af rough-sawn pine provides a handsome backdrop for pieces of weaving, patchwork, and a yarn warping board. Nailholes will scarcely show here, so you can easily rearrange your display. Hang plants in front of the window, add a comfortable chair, and you've created a relaxing nook for needlework.

**A handsome yarn storage unit** *(right)* makes a functional divider that's attractive enough for any room in the house. It's constructed from oak stair treads and backed with a sheet of acrylic plastic (attached with screws). The shelf units are cardboard strips slatted together.





**The real activity center of our craft room is this super-serviceable table.** To make one like it, attach a laminated plastic-finished plywood slab to a foundation jack post, which makes the height of the table adjustable. Bolt the post to a wooden base for added stability.

**The ladder unit at one end of the table** is made of oak 2x4s, drilled to accommodate dowels. Rungs hold folded lengths of fabric out of wrinkles' way. A small, freestanding cube unit holds a portable sewing machine and an accessory drawer.

**One last suggestion**: Choose vinyl floors and plastic work surfaces for easy upkeep. You want to spend your time crafting, not cleaning!

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# A REGULAR FEATURE DESIGNED TO MAKE AROUND-THE-HOUSE JOBS EASIER FOR YOU — TIPS TOOLS & TECHNIQUES

This month we kick off a new feature edited especially for th growing number of do-it-yourselfers who are taking on mor and more projects around the house. We'll cover a wide rang of topics each time—from carpentry advice to maintenanc hints. The format will be direct: problems and solutions.

We invite you to contribute to this exchange of good fix-it/do-i ideas by passing along your favorite installation tips, shop hints and repair shortcuts. The best problem-solvers received eac month will be published—and will earn the contributors $2 each. See the box at the end for details.

## PROBLEM

**Locate an all-purpose product that will seal cracks and hole in just about any material found around the house.**

## SOLUTION

Silicone rubber sealant can work wonders. Besides fillin crevices around bathtubs, sinks, windshields, and foundations it's also great for repairing holes in ponchos, buckets, plasti swimming pools, and gutters. What's more, you can use it t glue together two dissimilar materials (metal hook to plaste wall) or two rough surfaces (cork to concrete block). Silicon caulking also repairs broken plastic toys, coats bare spots o car wiring, even replaces worn door gaskets on your refrigerato or oven. Look for tubes or cartridges of silicone rubber sealan in hardware, lumber, discount, and variety stores.

## PROBLEM

**Small scratches inexplicably appear on wood you're sandin with finishing-grade sandpaper.**

## SOLUTION

Before using a new piece of sandpaper, cut it to size and ru together the faces of two pieces for a couple of swipes to knoc off the high spots.

## PROBLEM

**Nearly every time you open a previously used can of pain the paint is either hard as a rock or has thick skin on top.**

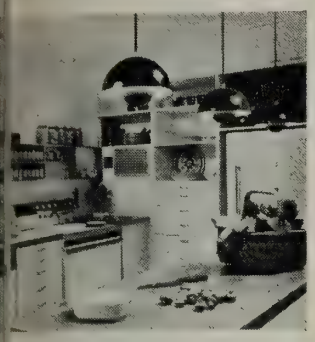
## SOLUTION

From now on, practice these preventive measures. (1) Ope each new can carefully, avoiding damage to the edge of the lic (2) Immediately punch a few holes through the bottom of th groove with a nail, so excess paint can drain back into the can (3) Don't paint directly out of the can—rather, pour what yo need into another container and close the original to avoi evaporation of thinners. (4) To reclose the can, press the lid int the groove by hand, then tap it into place with a rubber malle working around the edge as you do when opening a can. (5) Stor partially used cans upside down to minimize air seepage. (6 Before opening an old can, dust it off and scratch a mark on th the lid in line with the seam—then use the mark to line up th lid when you replace it. (7) If a skin forms on top of paint tha has been stored upright, carefully cut it away from the wall o the can so you can lift the skin out in one piece. And if the pain is lumpy, strain it through an old nylon stocking.

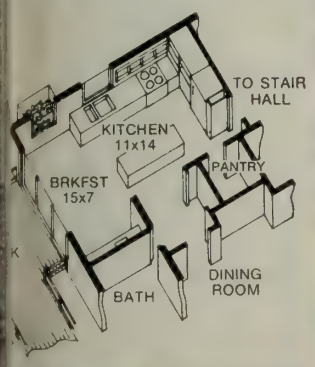
Do you have some do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools & Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy used. No materials will be returned to the sender, and all submissions become the property of Meredith Corporation. We do not accept previously published ideas.

# ...ce the kitchen ...half the space

...hen design has come a ...y since this 1920s house ...ilt, and here's the proof. ...ners turned their vintage ... into a compact L that ...eps between appliances ...rk centers by more than ...oubling the convenience.



... key to this successful ... is a center island (*above*). ...nly provides bonus count- ...e but also concentrates ...k area on one side of the ... kitchen, freeing the other ...ough traffic (see plan). ...-ceiling built-ins store ...mplement, appliance, and ...nt any cook could need.






... Hedrich-Blessing.
...signer: Anna Bliss, NSID




# New Wrinkle.



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Enthusiasm for Supplegen is growing. And so is our Supplegen collection. In addition to our Supplegen facial treatment, moisturizer and body lotion...we've *added* three Supplegen products for continuous collagen care...a neck treatment, an eye treatment and a hand treatment.

Hear the full, exciting Supplegen story from your Germaine Monteil® Beauty Consultant. She's at your favorite department or specialty store everyday.

And sign The Beauty Register®...our guest book that qualifies you for free samples and the chance to make purchases at very special values.

Sign up when you drop in...to learn the meaning of a beautiful word...Supplegen.

Germaine Monteil


Originally, an arch separated the kitchen from a breakfast area that overlooked the backyard but had no access to it. Enlarging the arch merged the two zones and made the entire area seem much more expansive; a new deck and sliding glass door put the overall space in touch with outdoor living.

A wall-wide buffet in the breakfast area (*left*) includes a compact sink and refrigerator, handy for both indoor and outdoor entertaining. Outside, the deck extends the full length of the house, stretching dining room space as well. ■

# Ways to use butcher block

We've never met a homeowner yet who complained about too much counter space. No matter how much you have, you wish you had a little more. You'll find butcher block makes a great space-stretcher. It's a super surface for chopping, slicing, or setting down hot pots and pans. And being sturdy and practical, the butcher block is also a valuable decorating piece in the kitchen.

**The butcher block shown at right** is the granddaddy of them all, the kind you might find in a corner meat market. Here it's proudly placed in the center of the kitchen where it commands attention and is handy for chopping vegetables, preparing salads, or concocting stew.

**You don't have to have a rustic kitchen** to use butcher block. Take a look at the 1975 kitchen (below): the center island has a butcher block top that's ideal for chopping and slicing.





Photographs: Taggart, Herrlin Studio



**Fit snugly into a niche in the corner,** this butcher block table (left) acts as an extension of the ceramic tile counter top. Besides contributing work surface, table sports a lower shelf for baskets or tall jugs, a drawer for small kitchen tools, and display shelves above for spices or curios.

**This kitchen (right) capitalizes** on the textures of brick, wood, Spanish tiles, and rough plaster to capture the look of a Mexican hacienda. The butcher block top facing fits into its own brick base under the gaze of a smiling sun god. Nearby, is a double corner sink, convenient for vegetable paring and meat trimming.

**Hint:** To keep your butcher block counters looking spic 'n span, occasionally scrape them down with a wood scraper, and rub the surface with vegetable oil. Never use a toxic oil, such as linseed oil, on butcher block.



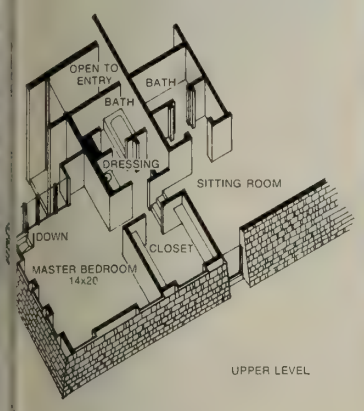
# AKING ROOM AT THE TOP

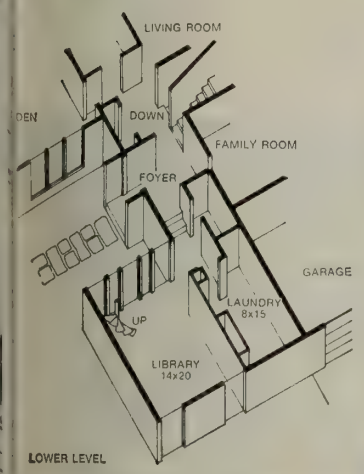
What can you do if you'd like dd several new rooms to your se but your lot has space for y one? For the owners of this t-entry home, answering that stion was as easy as 1-2-3. y built one addition, two ies high, with three new ms: a library and laundry on first floor and a new master e above.

Originally (see plan), their house was L-shaped, with the entry tucked into the inside corner of the L. Building the addition to the right of the entry turned the house into a U-shape, with a gracious entry garden in the center of the U.

The colorful library (*upper photo*) looks out at the entry garden through a wall of glass. The circular stairway leads to the master suite overhead.

Upstairs (*bottom photo*), the new master suite is enlivened by supergraphics. Built-in storage on both sides of the bed minimizes the need for furniture. ■






raphs: Hedrich-Blessing
ect: Barry Weinstein






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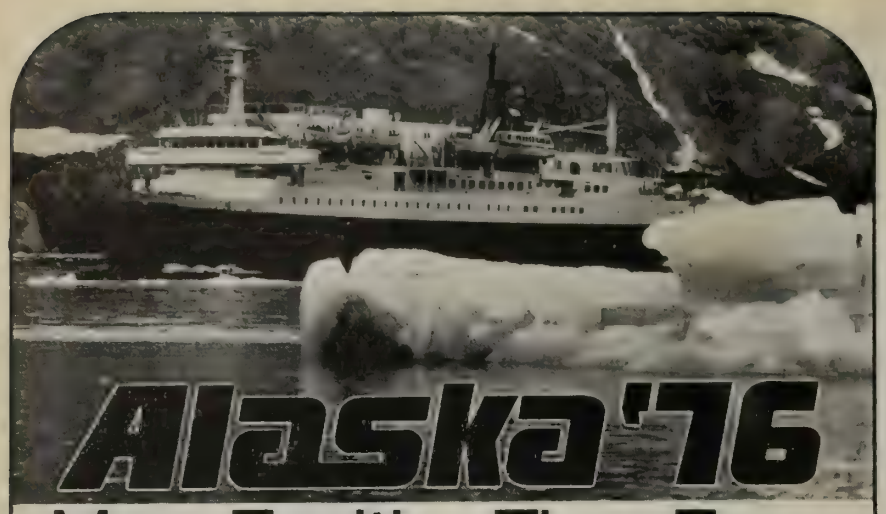
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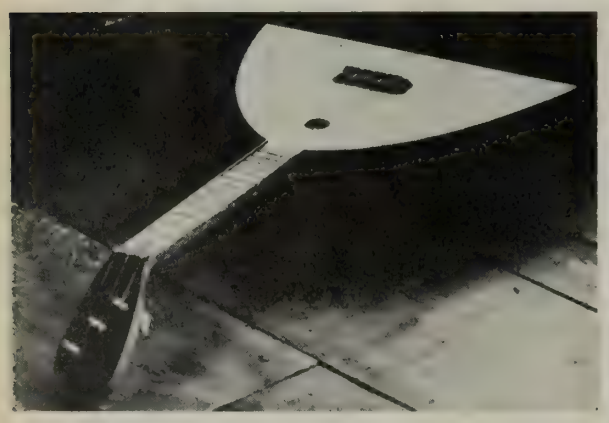
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*from Better Homes and Gardens*





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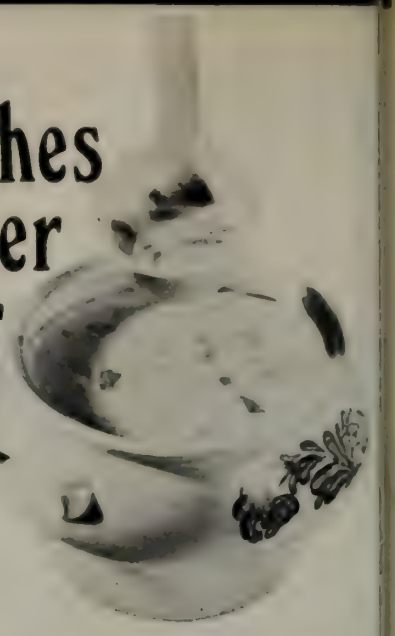
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# Main dishes from leftover ham or turkey



**The holiday season brings fun and feasting and plenty of extra ham or turkey. *After* Christmas, try these tasty alternatives to the traditional ham or turkey sandwiches.**

**EASY BEAN CHOWDER**

*This super-quick recipe stirs together in minutes—*

- **2 tablespoons chopped onion**
- **1 tablespoon butter or margarine**
- **1 can condensed bean with bacon soup**
- **1 can condensed minestrone soup**
- **2 soup cans (2⅔ cups) milk**
- **2 cups diced cooked ham or turkey**

In medium saucepan, co onion in butter or margarine tender but not brown. Blend soups, then milk. Stir in ham turkey; heat through. Makes servings.



Photographs: D

**WILD RICE CASSEROLE**

*Team this entrée with a green vegetable, a crispy tossed salad, and a dry white wine—*

- **1 6-ounce package long-grain and wild rice mix**
- **½ cup chopped onion**
- **½ cup chopped celery**
- **2 tablespoons butter or margarine**
- **1 can condensed cream of mushroom soup**
- **½ cup dairy sour cream**
- **½ teaspoon curry powder**
- **2 cups cubed cooked ham or turkey**
- **⅓ cup dry white wine**
- **¼ cup snipped parsley or parsley sprigs**

Prepare rice mix according package directions. Meanwh in saucepan, cook onion and ery in butter or margarine tender but not brown. Blend soup, sour cream, and cu powder. Stir in ham or turkey, cooked rice mix, and the wi Turn mixture into 12x7x2-i baking dish. Bake, uncovered 350° oven for 35 to 40 minu Stir before serving. Garnish w parsley. Makes 4 to 6 servings



# Win money for your recipes

### Fresh Garden Vegetables—Refrigerator Desserts

**Has a hefty garden harvest** inspired you to prepare those fresh summer vegetables some intriguing new ways? Or is your dog-days' specialty a cooling refrigerator dessert? Send your recipes today for either or both categories and you could be a prizewinner next August. Two Cooks-of-the-Month receive $50 each. Four Runners-up receive $25 each, and 12 Honor Roll winners get $10 each. The selected winning recipes will be pictured on the Prize Tested Recipes pages next August. All 18 winners receive a framed Better Homes and Gardens Certificate of Endorsement and six copies of the endorsed recipe.

### Hints to Help You

**Fresh garden vegetables** can be any side dish made from your homegrown favorites or the plentiful seasonal produce at your market. Do you have a different way to season, sauté, stuff, mash, marinate, broil, or bake them? Suggestions:

*Crookneck-carrot puff*
*Eggplant scallop*
*Oriental beans and peas*
*Caraway corn and cabbage*
*Tomato-onion broil*

**Refrigerator desserts** might take the form of a layered trifle, Bavarian mold, fluffy chiffon, or creamy mousse. Does yours begin with summer fruit, gelatin, pudding mix, ice cream, jam, cream cheese, whipped cream, or a favorite syrup? Hints:

*mocha-mint dessert*
*toffee trifle*
*peach-mallow squares*
*plum puree tarts*
*cherry-angel soufflé*

### THIS MONTH'S WINNERS

*(See recipes on pages 75 and 76.)*

**Cooks-of-the-Month**

Mrs. Stan Dean, Orlando, Fla.
Jan Toole, Vail, Colo.

**Runners-up**

Mrs. Carole Carp, Sunnyvale, Calif.
Judy Keane, Salt Lake City, Utah
Mrs. Sylvia S. McGuire, Fairfield, Iowa
Mrs. Florence Rein, Brooklyn, N.Y.

**Honor Roll**

Mrs. Alfred D. Clarke, Pompano Beach, Fla.
Rosalie Davis, Grants Pass, Oreg.
Yvonne Davy, White Salmon, Wash.
Mrs. Ann Fosnight, Boulder, Colo.
Mrs. John P. Gallahue, Piper City, Ill.
Marquita Nelson, Oklahoma City, Okla.
Mrs. Janice Palmer, Columbia, Mo.
Mrs. Leona F. Pearce, Carmichael, Calif.
Mrs. L. K. Ross, Sonora, Calif.
Mrs. Hartwell Stahl, Springfield, Mo.
Ann VanDoren, Webster, N.Y.
Mrs. William Vaughan, Richmond, Va.

### CONTEST RULES

1. **Write or type your recipe clearly on one side of the paper and mark it "August Fresh Garden Vegetables" or "August Refrigerator Desserts." If you wish, send a recipe for each of the two categories.**
2. **Print your full name and address in upper right corner of paper.**
3. **Give measurements in level cups, tablespoons, teaspoons.**
4. **Specify brand names of the *nationally* known food products you use as ingredients so we can test your recipe with the same brands.**
5. **Include 50 to 100 words about the origin of the recipe you submit.**
6. **Recipes submitted become property of Meredith Corporation.**
7. **Entries must be postmarked by midnight, January 31. In cases where duplicate recipes are submitted, the one with the earliest postmark will be judged. All judges' decisions will be final.**
8. **We reserve the right to adjust and edit winning recipes.**
9. **Address the recipes you enter to 7601 Test Kitchen, Better Homes and Gardens, Des Moines, Iowa 50336.**



IF PRIME CHOICE CAN IMPROVE THE TASTE OF STEAK, IMAGINE WHAT IT CAN DO FOR A MEATBALL.

**INTRODUCING THE CHOICE HORS D'OEUVRE: MEATBALL YUMMIES**



If you want to turn a plain meatball into a fancy hors d'oeuvre, put some Prime Choice Steak Sauce in it. Prime Choice is the only steak sauce with just the perfect hint of sweetness to add the kind of flavor to meat that makes it perfectly delicious.

For the most appetizing meatballs, follow the recipe below. And remember, it won't be yummy unless you use Prime Choice®.




**Meatball Yummies**

1 lb. ground beef
1/3 cup dry bread crumbs
1 egg
2 tablespoons Prime Choice Steak Sauce
2 tablespoons oil
1/3 cup Prime Choice
2 tablespoons light brown sugar
2 tablespoons butter or margarine

Combine beef, bread crumbs, egg and 2 tablespoons Prime Choice. Mix and shape into 1 inch meatballs. Brown in oil in skillet. Drain fat from skillet. Combine 1/3 cup Prime Choice, brown sugar, and butter with meatballs in skillet. Simmer, covered, for 15 minutes or until done. Makes about 2 dozen meatballs.

# How to get an even tan.



## With Rit® Dye.

**Whether you're using Rit Tan or Rit Tangerine, you want a beautiful, *even* color every time you dye. Since dyes often accentuate stains in fabrics, it's important to take the time to get spots out. The sensational results are really worth it! These RIT TIPS will help you get the great color you want:**

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1. Wash item thoroughly.
2. Remove spots by soaking overnight in powdered oxygen bleach, a heavy-duty liquid detergent or grease remover.
3. Use Rit® Color Remover for stubborn stains.

**Don'ts**

1. Don't expect dyeing to cover stains. (Only dark dyes can hide most stains.)
2. Don't dye fabric that has been scorched with a hot iron. Scorch marks *always* show.

**If you have a question about dyeing, just write us a note at Rit, Dept. T, 1437 West Morris St., Indianapolis, Indiana 46206. We'll have an answer off to you in 48 hours.**




## Rit. You're going to love the results!

Best Foods, a Division of CPC International Inc.


# Safeguarding your meat investment

Whether it's a juicy prime rib, a tasty pork chop, a hamburger, or a frankfurter that's bound for your kitchen range or the backyard barbecue, it deserves the same tender loving care that it got at the supermarket meat counter. Not that it's necessary to duplicate modern meat packing practices—quality control checks, controlled temperatures, and sterilized equipment. But a few simple precautions can help assure that the meat you eat will be as safe and wholesome as the meat you buy.

Preventing potentially dangerous bacterial growth is mostly a matter of keeping working areas clean and avoiding exposure to warm temperatures for too long. Although the necessary safeguards mostly amount to using your common sense, it's still a good idea from time to time to recheck your routine for handling meat products.

### FROM STORE TO HOME

• Start in the retail store. Always purchase your meat items right before going to the checkout counter. Select meat that is sealed tightly and feels cold. And go directly home with your purchase to minimize time from the meat counter to the refrigerator.

• Refrigerate or freeze meats immediately. You can refrigerate prepackaged meat as is for up to two days. For longer refrigeration, rewrap the meat loosely in waxed paper or foil; for longer freezing, overwrap in moisture-vaporproof material such as freezer paper or heavy foil.

• Your refrigerator temperature should be 36 to 40 degrees. Meat cuts vary in their refrigerator shelf life. To assure maximum protection, allow two to four days for fresh beef, pork, veal, and lamb. One day is recommended for ground meats, one week for luncheon meats, bacon, smoked hams, fresh sausage, and four to five days for frankfurters.

• Your freezer thermometer should register zero degrees or less. According to the U.S. Department of Agriculture, to retain good flavor and quality, fresh beef may be stored six to 12 months; veal, lamb, and ground meats six to nine months; pork three to six months. Freeze bacon and frankfurters no more than one month and smoked whole hams up to two months. Luncheon meats may lose their flavor when frozen.

### PREPARING AND COOKING

• Defrost frozen meats in the refrigerator when possible. Or place in cold water if the wrapper is watertight. Change the water often to keep it at a cold temperature. Do not defrost in warm or hot water. This subjects the meat to a fast temperature change and may contribute to bacterial growth.

• Wash your hands thoroughly before and after handling meat.

• Scrub cutting boards, utensils, meat thermometers, and counter tops with hot soapy water *before* and *after* each use. Diluted bleach also helps clean up wooden cutting boards. This is very important when you're preparing raw meats along with uncooked vegetables and salads. Bacteria can transfer from raw meat to any food placed on the unwashed cutting board, and even to the cooked meat placed back on the board for carving.

• When cooking meats, use a meat thermometer if possible to make sure the interior part of the meat is cooked to the proper doneness.

• After cooking, serve meats immediately (with roasts, after standing 15 to 20 minutes for easier carving). Then put leftovers into the refrigerator promptly.

### BARBECUING TIPS

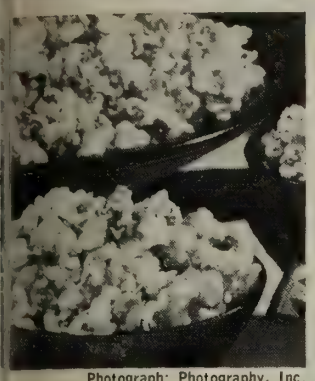
All the safe-handling tips given above also apply to the meat that's headed for your barbecue grill. In addition:

• Use one plate for carrying the raw meat to the grill and another clean one for taking the cooked meat from the grill to the table. The utensils used for cutting and handling the raw meat should be washed in hot soapy water before being used for the grilled meat.

• Let the fire burn down to glowing coals before grilling so the meat will cook slowly and thoroughly.

• When the feast is over, put leftovers in the refrigerator as soon as possible. And if you're picnicking in a park, store leftovers in a cooler and make sure there's enough ice to last during your trip home. ■

# OPCORN OINTERS



Photograph: Photography, Inc.

e people like the big, bil-
hite kernels; others prefer
ttery" look of the yellows.
ne thing is certain—just
veryone goes for popcorn.
re some ways to be sure
op the puffiest, tenderest
every time, plus a recipe
all-time favorite caramel
.

tore popcorn in a tightly
l container on your kitch-
t away from heat.

emoisten kernels that
verdried from prolonged
as follows: Place a damp
towel in the storage con-
Cover and refrigerate for
rs. Just before you pop
n, remove the towel. Stir
the popcorn, then test
few kernels. If the pop-
still too dry to pop well,
the moistening.

or tender popcorn, wait to
lt and seasoning till after
n is popped.

**SHIONED**
**IEL POPCORN**
**s granulated sugar**
**packed brown sugar**
**water**
**dark corn syrup**
**poon salt**
**espoons butter or**
**garine**
**poon baking soda**
**poon vanilla**
**ts popped corn (about 1¼**
**unpopped)**

eavy 2-quart saucepan,
ne granulated sugar, brown
water, corn syrup, and
Bring to full boil over
n heat. Boil vigorously,
frequently, till mixture
hard-crack stage (300°).
e from heat; quickly stir
r or margarine, soda, and
. In large bowl, pour mix-
enly over popped corn,
constantly; continue
till popcorn is evenly
. Turn out onto waxed
spread out. Cool; break
ces. Makes 6 quarts. ■


# Plant manager

Flowers and plants are for everyone.
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# What is the most abused part of your body?

Your hands. Just think of everything they've gone through. All the work they do for you.

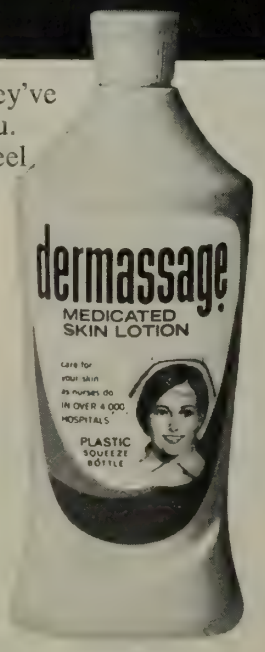
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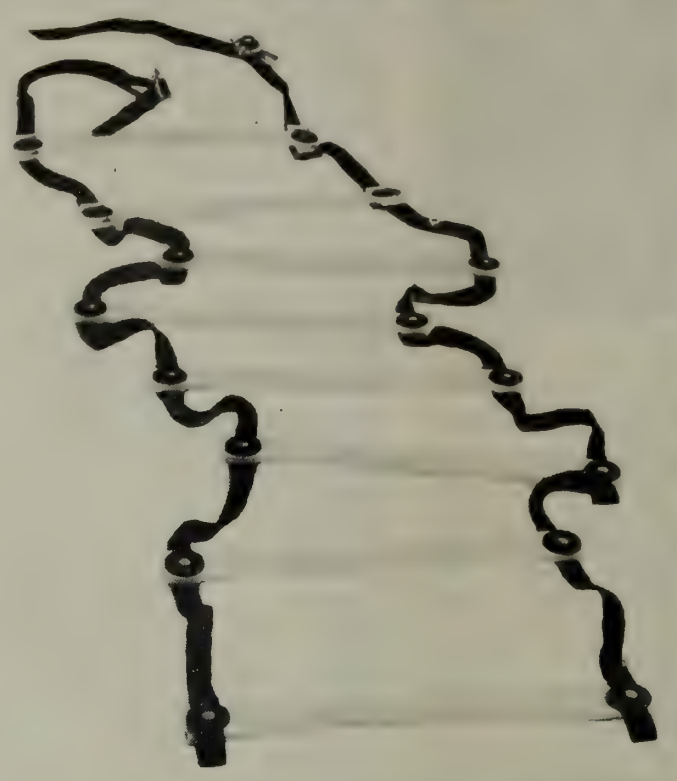



For a free brochure, "How to Care For Your Skin," send name, address and 10¢ for handling to Dermassage, P.O. Box 776, Darien, Conn. 06820.

**Medicated Dermassage for abused hands.**




# GOOD NEWS



In the past, chains, snow tires, and luck were the only weapo in the annual winter-driving war. But now this plastic tracti product offers an inexpensive, easy-to-use alternative that c keep you rolling in snow, sand, and mud.

Made of an extremely durable plastic material, the flexib bands will lie flat against your tires under normal conditions. Y when tires start to slip, the bands twist downward into a paddl like position to provide the bite needed for more traction.

Like chains, these treads are designed for bad road conditio only. However, they're very easy to install and remove, and wei just a few ounces instead of many pounds.

*Sno-Treds,* from $19.95 in auto departments. Detwiler Corp., New York Ave., Westbury, N.Y. 11590.




Fortunately, people seldom are injured using a lightweig chain saw—perhaps because the tool looks so hazardous tha warns the operator to be extremely careful.

But even the most careful saw operator can be subjected "kickback." This happens when the tip of the cutting bar e counters abnormal resistance, such as wet wood or a log t large for the saw. Without warning, the saw will snap up a back, rather than cutting the material.

Now there's a line of saws with a cure for kickback. A bra incorporated in the chain saw stops the cutting chain the inst kickback starts.

*McCulloch Chain Saws* with chain brake, from $109.95. M Culloch Corp., 5400 Alla Rd., Los Angeles, Calif. 90009.

**continued**

*Your Invitation to Benefit from Low Cost Group Travel . . .*

# ENJOY TWO WEEKS IN ENGLAND, SCOTLAND AND WALES

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During the past two years, Better Homes and Gardens has offered readers and their friends a variety of quality tours. None have received as much interest and glowing praise as our tour to Great Britain. This really doesn't surprise us because we know that more travelers prefer Great Britain than any other destination in Europe. With this in mind, we set out to make the very best airline and hotel arrangements possible for the most popular travel months of the year. The result is this trip to England, Scotland and Wales. It is one of the best values around and sure to be enjoyed equally by both the first time visitor and the seasoned traveler.

### We Plan With You In Mind

This tour is perfect for people who dislike being regimented, but who want the comfort of traveling with others with similar interests and the security of knowing that everything will be taken care of for them. With care and efficiency, we handle all the time-consuming details of planning the trip, making reservations, arranging transportation, handling baggage, tipping, checking in and out of hotels and figuring out what to see and do. You simply enjoy the pleasure of the trip and the new friends you meet.

We will show you the highlights of each place you visit, cover all the basics and make sure everything runs smoothly. Your experienced Better Homes and Gardens tour director will be with you all the time to assist you in any way to make sure your trip is everything you want it to be. You will have lots of free time so you can be as busy or as relaxed as you choose, knowing that you are in the hands of professionals who really care about you and want to see you enjoy yourself.

### You Get More For Your Money

We know that going on a vacation trip out of the country involves a major budget decision. If you are an experienced traveler, then you understand how much it costs to "go on your own." If you have never traveled abroad before, then you can be assured that you would spend at least 50% more by making comparable arrangements yourself. You benefit from the convenience and cost advantages we can provide and get the very best service and value for your travel investment.

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Round trip flight New York to London via Pan Am luxury charter jet.

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When you leave London, you will travel by comfortable motorcoach through the countryside to Edinburgh and stay in the most scenic and interesting towns along the way. As you drive to Shakespeare country, you will see the university town of Oxford and Blenheim, famous birthplace of Winston Churchill. You will visit Anne Hathaway's cottage, enjoy a performance at the Shakespeare Theater and stay overnight at Stratford-upon-Avon.

The trip through the picturesque Cotswolds region will bring you to Chester, a medieval city on the River Dee. Here you will have two nights' stay and time for sightseeing around the medieval walls and famous "Rows" of covered footways and shops. You have a delightful day's venture into North Wales when you visit Conwy Castle, the seaside resort of Llandudno and see the charming Welsh villages of Betwys-y-Coed and Llangollen.

After passing through the serene Lake District, you stay overnight in the city of Carlisle, an important trading center since Roman times and the traditional gateway into Scotland.

In Edinburgh, where you spend three nights, you can really explore this beautiful capital city. Highlights of your sightseeing will be the Royal Mile and the Palace of Holyroodhouse, the Queen's official residence in Scotland, and Edinburgh Castle.

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*Prices based on air fares in effect November 1, 1975 and subject to change.*

**Add air fare supplement for June and July departures.*

*Better Homes and Gardens Tour Service acts as agent for ESTIA on this program.*

**Jean Scott, Travel Manager**
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(Date)

I am enclosing my check in the amount of $_____ to cover a deposit of $100 for each person in my party. I understand I may cancel my reservation for any reason and you will return my deposit in full if I notify you 30 days before the departure date. The remaining payment will be due 30 days prior to departure. I prefer departing from

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(Preferred Departure City)

(Check One)

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_____ Tuesday, June 22, 1976 Departure
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BiCOZENE®


# GOOD NEWS




Don't put off starting a wood-finishing project because you dread the cleanup when you're done. This durable new interior varnish comes off your brushes, rollers, and hands with soap and warm water.

Easy cleanup is just one of the bonus features of the new finish. Since it's water based, it has very little odor. The varnish is white when it's wet (so you can see where you've applied the finish), but it dries crystal clear, helping you achieve a professional-quality finish.

*Rez Water-Based Varnish,* $4.49 per quart, available at Pittsburgh Paint Outlets. PPG Industries, One Gateway Center, Pittsburgh, Pennsylvania 15222.



Caring for a plant is a cinch when its pot is suspended in this unique houseplant hanger. The hook itself swivels, so you can turn the plant regularly for even exposure to the sun and balanced growth. You can also lower the plant to make sure it's getting just the right amount of water.

The metal parts of the hardware are available in antique brass or black wrought iron. The hardwood handle has a walnut finish. Properly anchored, the assembly will support potted plants weighing up to 20 pounds.

*Homecraft Sunhook Locking Planter Pulley,* $2.19. Gries Reproducer Company, A Division of Coats & Clark, Inc., 125 Beachwood Ave., New Rochelle, New York 10802.

**continued**



Give your aching back a reprieve from snow-removal chores by using this compact snow-thrower. It's specifically designed to lighten the homeowner's load.

Powered by an 85 cc two-cycle engine, the unit weighs just 32 pounds—light enough to lift when clearing stairs, or even uncovering a car buried under deep drifts. Rubber paddles attached to an aluminum drum clear a 20-inch path with a squeegee-like action while propelling the snow-thrower.

All of the controls, the ignition key, and the operating instructions are conveniently grouped on the central control panel. For quiet operation, the engine and drive train are completely enclosed, and exhaust is directed down beneath the machine between the wheels.

*Toro Snowmaster,* $219.95. The Toro Company, 811 Lyndale Ave. South, Minneapolis, Minn. 55420.



No need to worry about misplaced house keys with this lock on your front door. Just dial a four-number sequence and turn the knob. The lock mechanism has no tumblers, so the combination can't be detected by sound. And the odds against guessing the combination are about 10,000 to one.

For additional security, the latch has an automatic dead-locking plunger that prevents illegal entry via plastic card or thin knife blade. And you can change the four-digit sequence required to unlock the door any time.

*Dialoc,* $79.95 in hardware departments. Dialoc Corporation of America, Box 1, Highway 30, Denison, Ia. 51442. ■






# With Keller, doing up a dress won't do in the furniture.

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**It's more than just dining furniture.**

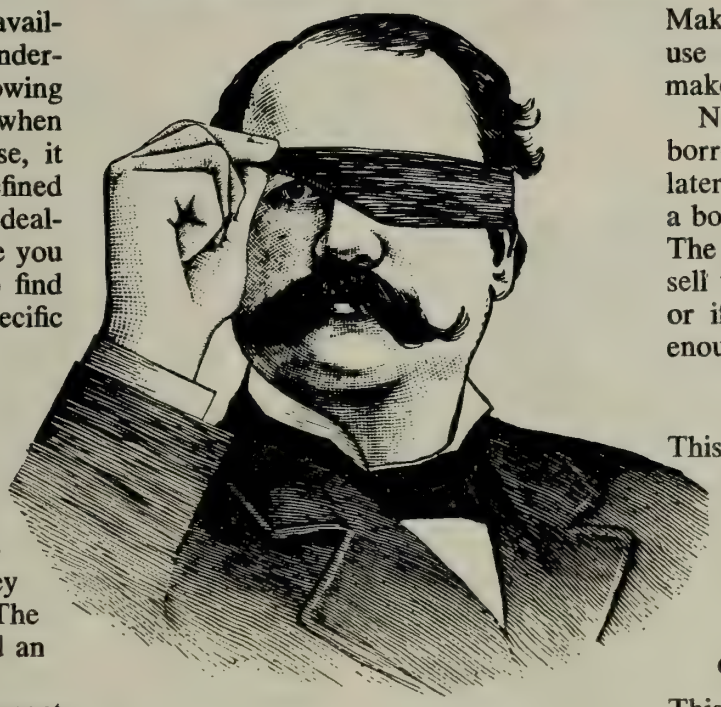
**It's KELLER**

Keller Mfg. Co., Corydon, Indiana 47112. Estab. 1895



# DON'T BE IN THE DARK ABOUT CREDIT TERMS

With all the various kinds of credit available these days, it's important to understand as much as possible about borrowing money—and the specific terms used when you enter any transaction. Otherwise, it may cost you dearly. The terms defined below will help you grasp most credit dealings you're likely to encounter. Once you know your options, shop around to find the best deal possible for your specific credit needs.



### ● Revolving credit account

This is your typical charge account, such as with department stores and bank card companies, that allows you to make purchases up to a prescribed limit while you still owe money on previous purchases you made. The arrangement is also sometimes called an "open-end" account.

You must make at least partial payment on the account each month, usually an agreed-upon fraction or percentage of the outstanding balance. You pay a credit charge, generally about 1½ percent per month (an 18-percent true annual rate or "APR") on your outstanding balance. Many creditors make no charge if you pay your entire bill within 25 or 30 days.

When you pay off only part of the bill, there are three possible ways the creditor will figure your outstanding balance. Some are more costly than others. The "previous balance" method is most unfavorable (and not legal in some localities), because you are charged interest on the full monthly balance even though your partial payment is sent in on time. With the "unpaid balance" method you'll get credit for your payment and be charged interest only on the remainder. Most typical is the "average daily balance" method, which falls between these two extremes.

Creditors by law are required to indicate on their bills which method they are using. Make sure you know the differences, and use those facts to switch creditors, if it makes sense.

Normally, no collateral is necessary for borrowing on a revolving account. (Collateral can be stocks, bonds, or other assets a borrower pledges as security for a loan. The lender then usually has the right to sell those assets if the borrower defaults, or if the value of the assets drops low enough to endanger his security.)

### ● Passbook loan

This is an especially low-cost loan which allows you to use the money in your savings account as collateral. This way, you are still earning interest on your savings in the account at the same time you are paying off the loan.

### ● Personal signature loan

This type of loan is granted solely on the borrower's signature. The loan may carry a higher rate of interest than a secured loan (with collateral), although your relationship with the lender could affect the charges. Be sure to ask if you can get a break that way. Usually such loans are paid off in monthly installments.

### ● Comaker loan

This is a personal signature loan, but with this difference: The lender requires the

continued on page 88

# Your new credit rights as a borrower

On October 28, 1975, two new federal laws went into effect that have far-reaching consequences for borrowers. Some requirements of these laws won't be phased in totally for another year, but basically these are your new rights.

### EQUAL CREDIT OPPORTUNITY ACT

Designed to thwart discrimination on the basis of sex or marital status, this bill does much to equalize credit rights for women. However, the law does not make credit an automatic right—nor should it. "Credit worthiness" sets the standards: an income of your own, good payment record, debts not out of proportion to income, legal age. And criteria such as minimum income levels vary among creditors.

Specific regulations of this new law may change once they've been put to the test—and some were not yet clarified as we went to press—but these are the key objectives:

**● The creditor cannot view people who are married as more credit worthy than unmarried or separated persons.**

**● The creditor cannot terminate credit because of a change in marital status.** If you are about to be married, for example, it is now illegal to require you to close down a personal account you maintained while single and reapply in your spouse's name.

**● The creditor may not ask whether you intend to have children or will be using birth control methods.** He may, however, request information that concerns the continuation of your ability to pay.

**● The creditor may not discount any part of your income because of your sex or marital status.** For example, alimony and child support must be considered—to the extent that the income from them is likely to be reliable and steady.

**● The creditor may not require your husband's (or wife's) signa-**

continued on page 88

# QUICK-CHANGE DECORATING

## instant ideas that really work

**When you yearn to change your surroundings but your budget says "No," what can you do? A lot! Chances are, your room (and your spirits) can be greatly improved with just a quick change or two rather than a total redo. A simple carry-home purchase, a paint job, or something you make in a few hours (or a weekend at most) can turn a downcast room into a good-looking one with ease. See for yourself what a quick change can do by trying one of the 15 easy, economical ideas shown here.**

**By Shirley Van Zante and Pamela Wilson Cullison**

Photograph: Fred Lyon. Design: Diane Weinstein. Source: Helen Heitkamp



If you have an old piece of furniture that's looking down in the dumps, try perking it up with a paint job. In this living room, two old tables were painted back to life with fire engine red enamel. Ignoring the "rules," the owners simply painted over the existing finish without stripping and sanding first. And as you can see, their shortcut method worked.

Modern "art work" was fashioned in no time by stretching and stapling a 36-inch-square piece of fabric to a frame made of 1x2s. A good place to look for colorful fabric like this is in a store that specializes in contemporary furniture and accessories. As an alternative to making your own frame, you could glue or staple fabric to a piece of plywood.

**Buying information, page 78**




A sad-looking sofa can have a depressing effect on an otherwise well-furnished room. Rather than buying a new sofa or having the old one re-upholstered, consider buying an easy-to-fit, ready-made stretch slipcover and adding your own custom trim. To make a rejuvenating ruffle like this one, measure the circumference of the bottom of the sofa. Cut a strip of fabric two times that length and as wide as you want the ruffle, allowing three inches extra on the width for the hem and the casing for the elastic top. For extra decorative impact, make pillows to match.




Photograph: William N. Hopkins.






By stapling straw sunbathing mats to a plain or imperfect wall, you can sunny up the atmosphere instantly. Here inexpensive 4x8-foot *lahala* mats (about $4 each) add natural color and texture to the walls of a former laundry area now being used as a den. You could achieve a similar textural effect by using Japanese *tatami* mats or grass carpet squares. The rug on the floor? It's a $15 horse blanket. And the love seat? You could make one like it by building a plywood platform, covering it with fabric of your choice, then topping the platform with a fabric-covered cushion and an assortment of comfortable mix-and-match pillows.

Photograph: Ross Chapple. Homeowners: Michael and Amanda Brown Dowling. Source: Susan Jones Medlock



QUICK-CHANGE

# DECORATING

This gray flannel bedroom came into being when the owner found three bolts (60 yards) of men's suiting fabric priced on sale at $2 a yard. Stretched and stapled to the walls, the flannel gives the small room a feeling of tailored elegance. Left-over fabric was used to make a bedspread crisply trimmed with grosgrain ribbon. The smart geometric window treatment was done with masking tape, and the bed-stands are inexpensive laundry baskets.




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Photograph: Fred Lyon. Design: Mike Bolton. Source: Barbara East Cathcart

Photograph: Ross Chapple. Design: Anthony Moses, the H. Chambers Co. Source: Eileen D. Leubecker






At little cost, architectural interest was added to this room by suspending a series of fabric-covered frames from the ceiling. You might want to try this floating effect to camouflage a cracked ceiling, or to lower a too-high ceiling. Make 48-inch-square frames from 1x4s, then stretch and staple unbleached muslin to the frames. Use nylon fishing cord and cup hooks to suspend the frames at varying heights from the ceiling. A free-for-the-taking accent idea: Spray a dead tree branch to match your color scheme, then stand it in a basket that's been filled with sand.

More gray flannel. Here it's used as a matting material for three watercolors. Mounting the flannel over the glass instead of under it makes the frames look like part of the walls.

Most rooms can be pepped up considerably just by changing or refurbishing accessories. Giving this living room a new personality was a simple matter of making a gingham cover for an old white lampshade, stitching two new pillows in a smaller gingham print, and building black-painted plywood shadow boxes to hold and display art work. To make a lamp cover, first create a pattern by wrapping brown paper around the shade, then cutting to size. Lay the paper pattern on the diagonal of the fabric, then cut. (Be sure to allow 1½ inches all around for overlap.) After spraying the shade with adhesive, apply fabric covering, beginning in the center of the shade and working around to the back seam. Tuck and glue the edges to the inside.








Photograph: William N. Hopkins.



All windows, no matter how small or awkwardly placed, have decorating possibilities. Two quick tricks worked wonders on this nothing-to-rave-about eating area window. First, to give it definition, we painted the woodwork to contrast with the walls. Then, instead of using cafe curtains or a plain white shade, we hung a colorful striped shade that looks custom made but is actually stock. If you don't like the patterns available in stock shades, you can buy an iron-on or press-on shade kit and laminate your own choice of fabric.

The centerpiece in this dining area looks good enough to eat, and it is. For a just-to-be-different effect, we clustered an appetizing assortment of vegetables in a large stoneware salad bowl. Try this with the produce you have on hand for a fun, colorful, *and* edible alternative to an arrangement of flowers.



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Photograph: William N. Hopkins.

## QUICK-CHANGE DECORATING




If you're a city dweller who longs for the seaside, the country, or the mountains, a photomural is the next best thing to being there. "Naturescape" wall murals like this one are an instant answer if you want to give a dark, cheerless room a spirit-lifting view, disguise damaged walls with an outdoor scene, or add an illusion of space to a small, boxy room. Photomurals are ceiling height and come in easy-to-apply panels. You buy just as many panels as you need to cover a wall.

Photographs: William N. Hopkins






Think of using sheets in more ways than one if you want to give a tired-looking bedroom a coordinated custom look at minimum cost. To spruce up this small master bedroom in jig time, we sewed curtains, pillow shams, a dust ruffle, and a table skirt to match the brown and white dot-pattern sheet on the bed. A mix-and-match basket-weave sheet on the bed takes the place of a bedspread and keeps the dots from looking overdone. You might also consider using a sheet to make a shower curtain for the bathroom.



Photograph: Fred Lyon. Designer: Sudie Woodson Interiors. Source: Barbara East Cathcart

Photograph: Ross Chapple. Design: Anthony Moses, the H. Chambers Co. Source: Eileen D. Leubecker



# QUICK-CHANGE DECORATING

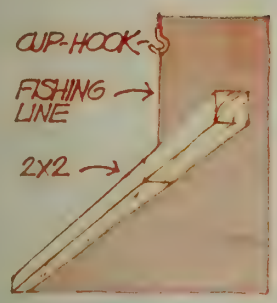


Photograph: William N. Hopkins. Design: Robert E. Dittmer




Why not surprise your youngster one of these days by turning his or her room into a make-believe barn or a Swiss ski chalet? With a little planning and a quart of brown paint, you should be able to start and finish the scene-changing job while your child is in school.

Use a long board or yardstick to scribe posts and beams on the walls, then simply paint them in. If you need help keeping a steady hand, place masking tape along the edges of the pencil-scribed lines, then paint; remove the tape when the paint is dry.




Here's a different way to define a dining area and add architectural interest at the same time. A network of 2x2s is suspended from the ceiling on nylon fishing line, creating a magical floating effect. After you've determined how far from the ceiling you want the slats to hang, cut the fishing line in equal lengths. Loop a piece of line around the end of each slat, then wind the free end around cup hooks that you've screwed into the ceiling. Keep winding the line around hooks until the slats are level.



Photograph: Ross Chapple. Design: Anthony Moses, the H. Chambers Co. Source: Eileen D. Leubecker

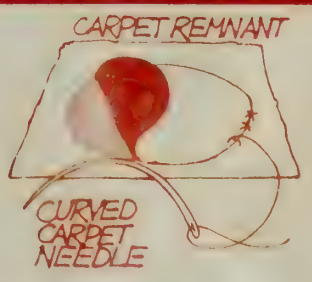



If you can't afford a frame for a painting or a mirror, why not create one with paint? Here a plain mirror was attached to the wall with clear mirror clips, then lines were drawn out from the four corners to create guidelines for the "frame." Each five-inch-deep section was painted in a color plucked from the pillows below.



Photograph: Ross Chapple. Design: Tony and H. Anthony Smith, A.I.A. Source: Susan Jones Medlock

Want to acquire a stunning new rug for a song? You can, with mill end remnants. This contemporary free-form rug was made by cutting, taping, and sewing a rainbow of colorful carpet remnants in a circular shape, then taping and sewing the circle into a large beige remnant. Use a curved carpet needle and heavy-duty thread to sew the carpet pieces together before you tape them. If the rug will be used in a low-traffic area, simply tape the rug pieces and forget about sewing.




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# Make-it-yourself indoor mini-gardens

By David Ashe

**Want to make a hodgepodge of houseplants add up to something spectacular? Try combining them to make an indoor garden, placing plants up, down, and around so you can enjoy their beauty at every level.**

**You can create the look of a leafy bower by building a simple arbor to house your plants; the arbor's framework will let you suspend a lineup of hanging baskets without putting an ounce of strain on the ceiling. Or, group specimens in a boxlike planter.**

1

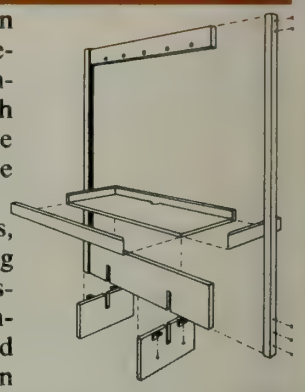


2



## 1

To put maximum emphasis on your plants, underplay the framework of your arbor. This sleek contemporary structure blends in with the surrounding walls, letting the plants get the major share of the attention, as they should.



*Asparagus sprengeri,* hemigraphis, baby's-tears, and German ivy hang from holes drilled in the top crosspiece. A host of other species, including a monstera, schefflera, and a *Dracaena marginata* is housed in the drip tray below that was fiber glassed to make it waterproof. There's no need to worry about stains.

## 2

Has your multiplication of an existing plant resulted in a bevy of specimens that are approaching the small-tree size? Then group them to form a little forest. In this wheel-about woodland, *Ficus benjamina* plants tower like trees above an undercover of dracenas.

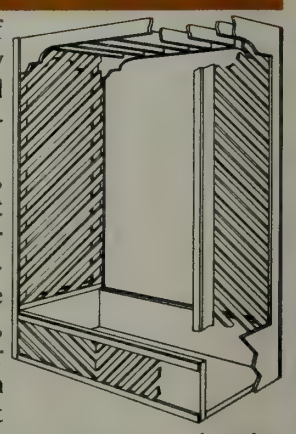


Inside the box, five eight-inch cutouts in the platform hold the ten-inch pots of ficus. The dracenas, in four-inch pots, fit in the open niches around big plants.

To start a forest of ficus, take stem cuttings from a large-size specimen. Root the cuttings in a mixture of perlite-peat or sand, keeping the mixture evenly moist until roots form. Pot the little plants individually in four-inch pots to begin with; as the plants grow, move them to six-inch, then eight-inch, and eventually ten-inch pots.

## 3

If you long for the sunny days of summer, why not frame a window with a traditional lattice arbor? Fill it with lush foliage plants for a refreshing June-in-January look.



Here, three pots of hemigraphis, supported by clear monofilament hangers, seem to float in the air above the clustered specimens below. The hemigraphis, as well as the variegated pittosporum, areca palm, schefflera, asparagus fern, and other plants in this collection all thrive on strong light with little or no direct sun. When planting your indoor arbor, group species that need similar growing conditions.

This arbor was scaled to fit a 48-inch window, but you can make it wider or narrower as you wish.

3





Photographs: William Hopkins

# Spring-fresh indoor mini-gardens to grow now

By Hamilton Mason and Beverly Garrett

**Don't let your spirits sink into a seasonal slump —take action now and set up a mini-garden. Just for the fun of it, try your hand at water culture, or create a personalized stacked-up terrarium, a smart desert garden, a lush fernery. All are offbeat but easy to handle. And once you've filled a corner with some spring-fresh plants, you'll forget winter gales outdoors and think that April's already here.**

1



Designer: B. J. Casselman

## 1

Bottle a bit of the warmth and beauty of the desert to cheer you on wintry days. It's easy to capture a dunes look; just combine colored sand with a few starkly beautiful succulents.

In this cluster garden, three candle holders serve as planters. Sand is layered in. To layer sand, put the candle holders on a flat surface. Add the first colored layer, then tamp down with a flat piece of wood. Add second layer; tamp down. Put a plastic cup on top of the second layer of sand (to hold potting soil). Fill third layer of sand around plastic cup. Set plants in soil in plastic cup; water only the soil. Never water the sand.

2



## 2

If you've always grown plants in soil, why not take a new tack and explore water gardening? With water-grown plants, you can add root watching to your pleasures. And a water garden is simple to handle—after all, you can't over-water or under-water.

For containers, save handsome food jars; mingle them with clear pitchers or bottles from your tableware.

For plants, specialize in the species that perform reliably without soil. You can count on English, Swedish, and German ivies, pothos, coleus, Chinese evergreen, *Dracaena sanderiana,* Warneckii dracena, wandering Jew, trileaf wonder, hemigraphis, dieffenbachia, croton, heartleaf philodendron, and jade plant.

3



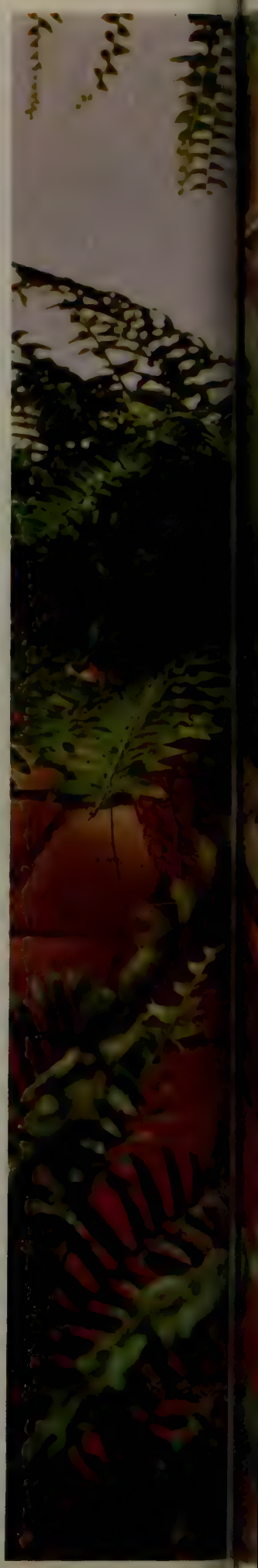
## 3

Why settle for one terrarium when you could enjoy three or four little terrains—all on the same tabletop? This space-saving gardening is easy when you start with bubble-like bowls designed to stack. When you buy bowls, make sure each is deep enough to hold soil as well as small terrarium plants. The bottom bowl here has a diameter of 14 inches, the center bowl measures ten inches across, the top container eight inches.

To get ready for planting, add a bottom layer of gravel, then a layer of potting soil in each bowl. Set each plant individually and firm soil around roots. Water gently, being careful not to disturb the terrain. After your stacked garden is planted and watered, put on the top lid and place in a spot away from direct sun. Water each bowl once a month or when soil dries.

A host of small plants work well in terrariums. Here, aluminum plant, ivy, selaginella, and iresine share the bottom bowl. The middle container is planted with a dracena, two selaginellas, a friendship plant, and an episcia. In the top bowl, isotoma (substitute a sinningia if you wish) grows with an ivy.

4



## 4

Treat yourself to the sight of fish swimming peacefully in a fern-filled environment. This pleasing combination of living things found favor at the turn of the century when large-size ferneries were in vogue. Today's version may be compact, but the effect is equally stunning. To create this garden, start with an aquarium and two or more prize plants. Here, a bird's-nest fern is teamed with four Boston ferns.

Choose a location away from the direct sun; ferns like filtered light. Water ferns to keep soil moist but never soggy.

Photographs: George de Gennaro; William Hopkins; Mike Dieter



# CAMOUFLAGE

## YOUR CABINET DOORS FOR A WHOLE NEW LOOK IN THE KITCHEN

By Joan McCloskey

**If your kitchen is filled with a dreary bank of cabinets, as in our "before" picture, it's time for some spirit-lifting treatment. You can change that head-to-toe woody look inexpensively with a paper face-lift. Our gallery of eight eye-opening designs should give you ideas for turning your own kitchen into a showcase.**



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Photographs: Hopkins Designers: Suzy Taylor

## Orange basket:

As pretty as a May basket, and much longer lasting, this sunny appliqué design wiil brighten any dark kitchen. First cut basket and handle from quilted patterned paper. Glue to door with white all-purpose glue, making sure basket is not tilted on door. Cut triangles and diamonds to appliqué over basket, then fill with calico oranges and green-checkered leaves. Seal with polyurethane. Paint base cabinets pale yellow, or same color as background, to finish.

## Shiny arches:

Remember the dazzled delight you experienced as a child in the hall of mirrors? Well, here's how to capture some sparkling light for your kitchen. Using a compass with two points, draw arches on shiny silver Mylar plus two colors of an adhesive-backed paper. Cut out the arches carefully and smoothly. Apply the Mylar layer to the door first, using hands to smooth out all air bubbles. Then apply lemon yellow and cherry red arches. Cap the corners with black paper.

## Dutch doors:

This is one of the simplest designs to execute, requiring only scissors, wallpaper with a Dutch motif, and white all-purpose glue. Cut edging trim from paper and make the design on the outside portion of the cabinet doors. Cut out four shields or motifs from paper, and secure them with all-purpose glue to the center of the door. Decoupage over paper to finish and seal. Outfit doors with blue cornflower hardware.

## Squares on the diagonal:

The green leather-like door has a three-dimensional look that changes with direct and soft lighting. The design is a series of large paper forest green squares topped with smaller black squares which add depth. Broad bands of white tape define the design. After plotting the pattern out on paper first, arrange each unit on the door, making sure all edges line up on the diagonal. This design would look great in an up-and-down pattern, too. Hardware set on the diagonal repeats the design.

## Quilted pineapple:

Welcome visitors to your kitchen with the pineapple pattern, long a symbol of hospitality. The motif is re-created here in a contemporary do-it-yourself version consisting of many miniature paper patterns. Starting from the outside edges, work toward the center, slightly overlapping each piece of paper. Lay out your design on a table, then stand back and see what the overall effect will be. You'll be surprised how the gradations of color will change as you move away. When the door is completed, coat with polyurethane.

Since this is an extremely strong design, we recommend that you use it only on upper or lower cabinets, and paint the unpapered bank in a solid color.

## Corkboard:

If a quiet, rich look is what you're after, try our "corkboard" design. Use three different patterns and colors of cork-patterned paper on a 45-degree angle. It's best to plot out the design on all doors to be covered, so the pattern will repeat perfectly from door to door.

## Stained glass:

If you covet stained glass for your cabinet doors but balk at the cost of the real thing, why not use your favorite design paper? The design pictured here is stained glass contemporary using three strong shades of blue, red, and burnt orange. "Leading" is accomplished with black tape. The rectangular and square design is simple to execute, but again it's best to plot out the design first. The red diamond makes a perfect backdrop for a great-looking knocker.

## Sunburst:

We thought you might be leery of splashing some of the eight designs over an entire kitchen, so we redid our "before" kitchen with one of the wildest patterns (above).

We first plotted the entire bank of cabinets on paper and decided which colors would make up the sun and its rays. As in the Mylar paper pattern, it's best to start in the center of the paper you're applying and spread the swatch with your hands, making sure all air bubbles are eliminated. A coat or two of polyurethane will seal the paper.

# EATING BETTER FOR LESS 9 MEALS THAT SHOW YOU HOW

By Doris Eby
and Sally P. Torpey

**Does cutting the food bill down to size have to mean skimpy meals for your family? Not at all! We'll show you how to keep the budget in the black and still serve up satisfying, protein-packed meals every night of the week.**

**The threefold trick is savvy selection, clever substitution, and shrewd planning. Your primary target is the main dish, since it puts the deepest bite on your budget. But remember, the main dish also delivers most of the meal's protein, so make sure your cost-cutting doesn't shortchange your family on nutrition. (As a guideline, a main dish serving should include two to three ounces of high-protein foods.) It's important to offer adequate supplies of other foods, too. Round out the nutritional input and add appetite appeal with a careful selection of vegetables, fruits, baked goods, and dairy products.**

**To start off your better-for-less drive in high gear, we present nine delicious, low-cost, nutritious main-dish recipes and suggest complete menus to accompany all of them. Saving never tasted so good!**

## PANTRY PUT TOGETHERS

Canned meats, fish, and seafood are good sources of nutrients and generally cost less than their fresh counterparts. Keep easy-to-store items on hand for these convenient, low-cost main dishes.

**Manhattan Clam Rolls** start with cooked lasagna noodles spread with a clam, cheese, and spinach mixture. Roll them up, bake them in a tomato-chowder sauce, top them with mozzarella, and the meal is practically made. Add a crisp green salad and a light fruit dessert for a satisfying midwinter meal.

A pick-me-up supper of **Reuben Buns** plus steaming bowls of hearty vegetable soup will warm up frosty appetites. Easy homemade rye dough bakes with a peekaboo corned beef and kraut filling. Horseradish mustard is a natural go-along. Add a citrus salad and pudding dessert.

# MEATLESS MAIN DISHES

Most often, you think of the main dish in terms of meat, fish, and poultry. But you can realize real savings if you open your mind to the other protein-rich foods such as beans, eggs, and cheese.

**Mexicali Bean Bake** teams red kidney beans with cheese to provide the protein; tomatoes, chilies, and a batter of cornmeal and Mexican-style corn add south-of-the-border flair. Serve raw vegetable dippers with guacamole dip, and end the fiesta with fresh sliced apples or bananas.

Now that broccoli is in ample supply, capitalize on this vitamin- and iron-rich vegetable with **Broccoli Scramble.** It's full of good things—and brimming with flavor, too. The blender spins out the creamy soup and cottage cheese topper. Warm bran muffins make great meal mates. Top off this nutritious feast with a fruit pie or cobbler dessert.

*Recipes begin on page* 69
*Buying information, page* 78

Photographs: Maselli
Food Stylist: Fran Paulsen

# EATING BETTER FOR LESS

# 9 MEALS THAT SHOW YOU HOW

Porterhouse and filet mignon may be out of the question, but the smart shopper can find plenty of good, affordable beef at any meat market. And these less expensive beef cuts are just as high in protein and just as flavorsome as the costly tender cuts. Buy flank, chuck, or rump cuts and tenderize them yourself by pounding, marinating, or slow cooking.

For fried or broiled hamburgers, your best buy is ground beef that's 70 percent lean—leaner grinds are less juicy, and more expensive per pound.

## BEEFED-UP DINNERS

Economy priced **Stuffed Flank Steak Florentine** lets yo serve your family in style. The spinach-filled twin beef rolls are oven-simmered in a tomato-wine sauce. To accom pany these swirled beef slices serve buttery, parmesan-topped noodles, tossed salad and crunchy breadsticks. Cap the meal with easy and nutritious fruit and cheese.

To individualize dinner, try single-serving portions of **Beefy Yorkshire Pudding.** Ground beef, onion, and parsley bake inside these egg puff-ups. Serve with dill-seasoned cooked carrots and a lettuce wedge with dressing. Baked apples with cream will satisfy a sweet tooth and provide a balance of foods.

Our **Pepper Burgers with Thyme Sauce,** served on a be of rice and topped with green pepper strips, have the classi burger shape but they boast a new flavor. Buttered winter squash and fruit sherbet complete this thrifty dinner.



# STIR UP A STEW

No matter whether you call it ragout, goulash, or just stew, this simple mixture goes together much the same way. Begin with any cubed meat. Then throw in a random selection from the vegetable bin for hearty, old-fashioned flavor.

- Shake 1½ pounds of **CUBED MEAT** (beef or lamb or veal or pork) with a mixture of **FLOUR**, **SALT**, and **PEPPER** in a plastic or paper bag.
- Cook the meat in a little hot **OIL** till browned.
- Add a clove of minced **GARLIC** and a small can of **BROTH** (beef or chicken).
- Stir in a teaspoon of prepared **MUSTARD** or **HORSERADISH**, ½ teaspoon of crushed dried **THYME**, and a **BAY LEAF**.
- Bring to boiling; reduce heat and simmer, covered, till the meat is tender. It takes about an hour for beef or lamb, about half an hour for pork or veal.
- Add about 5 cups of raw **VEGETABLES**. (Use a 5-cup combination of any of these fresh vegetables, pared and cut up: potatoes, carrots, rutabagas, turnips, parsnips, onions, celery, or green peppers.)
- Season with ½ teaspoon of **SALT** and a dash of **PEPPER**.
- Cover and simmer till the vegetables are tender, about another half hour. Thicken the stew by stirring in a mixture of 1 or 2 tablespoons of **FLOUR** dissolved in about twice as much **WATER**. Cook and stir till bubbly. Makes 6 servings.

# RAID THE CUPBOARD COOKING



## CREATE A CASSEROLE

Tried and true tuna-noodle casserole has been an emergency-shelf main dish for years, but when you're caught without the tuna, why not try another fish or seafood? Canned shrimp, crab, or salmon makes a great stand-in when paired with shell macaron fettucini, spaghetti, or any other pasta on the shelf.

- Cook 4 to 5 ounces of your favorite **pasta** according to the package directions; drain and set aside.
- Combine ½ cup of **MAYONNAISE** or **SALAD DRESSING** with ½ cup of **MILK** or **DRY WHITE WINE**.
- Stir in a can of **CONDENSED CREAM SOUP** (mushroom or celery or shrimp is tasty).
- Add a generous handful (about 1 cup) of shredded process **CHEESE** (American and Swis are favorites) and ½ teaspoon of **SEASONING** (we suggest dry mustard or dillweed o curry powder).
- Gently stir in the cooked pasta and 6 to 8 ounces of drained **canned fish** or **seafood** (salmon or shrimp or crab or tuna).
- Pour into a 1½-quart casserole. Cover and bake in 350° oven for half an hour.
- Uncover and sprinkle with a **CRUNCHY TOPPING** (buttered bread crumbs or cracker crumbs or French fried onions or crushed potato chips).
- Bake 5 minutes more. Makes 6 servings.

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# MAKE A MEAT PIE

You won't need four and 20 blackbirds—with just a few cups of any leftover meat, you can ake this royal dish to satisfy six king-size appetites. Use any combination of frozen or canned egetables to tailor this pie to suit your family.

Put a can of **CONDENSED BROTH** (beef or chicken), and two 16-ounce cans of drained **VEGETABLES** (or two 9- or 10-ounce packages of frozen vegetables) in a big saucepan. (If you're using frozen vegetables, cook them right in the broth.)

Blend ⅓ cup of **FLOUR** and 1¼ cups of **EVAPORATED MILK** ; add to the broth. Cook and stir to boiling.

Add a couple tablespoons of **PIMIENTO** or fresh **SNIPPED HERBS** (such as parsley or chives) and ¼ to ½ teaspoon of crushed **DRIED HERBS** (basil or rosemary or dillweed).

Stir in 2 or 3 cups of cut-up **COOKED MEAT** (luncheon meat or chicken or ham).

Season to your taste with **SALT** and **PEPPER**.

Bring the mixture to boiling again; pour it into a 12x7x2-inch baking dish. Cover immediately with a favorite **TOPPING**. (Mix a small package of corn muffin mix according to the package directions, and spoon over the top. Or prepare one stick of piecrust mix, roll out and bake in squares; arrange over hot casserole. Or top with a tube of refrigerated biscuits or some mashed potatoes.)

Bake in 400° oven for 15 to 20 minutes or till the pie is bubbly and the topping is done. Makes 6 servings.

# RAID THE CUPBOARD COOKING



## STUFF A VEGETABLE

When there's only a dab of this and a dab of that to make the meal, try this great coordinating technique. Combine your odds and ends in a creamy sauce and serve them in a vegetable

- Prepare four **VEGETABLE SHELLS** for stuffing (instructions are given below); set aside.
  **2 medium acorn squash:** Cut in half lengthwise; remove seeds. Sprinkle with salt. Bake, cut side down, in a shallow baking pan in 350° oven for 35 to 40 minutes or till tender.
  **2 large zucchini:** Cook whole zucchini in boiling salted water till crisp-tender, 10 to 15 minutes. Cut in half lengthwise; scoop out seeds.
  **4 medium green peppers:** Cut off tops; remove seeds and membrane. Cook the shells in large amount of boiling salted water till crisp-tender, about 5 minutes; drain.
  **4 large tomatoes:** Cut off tops; scoop out pulp (reserve for another use).
- Cook a few tablespoons of chopped **ONION** and **CELERY** in some **BUTTER** or **MARGARINE**.
- Add about a half pound of **GROUND MEAT** (beef or bulk pork sausage or sliced brown-and-serve sausages); cook and drain. Or, add sliced frankfurters without cooking.
- Toss in about a cup of cooked **RICE** or toasted **MUSHROOMS** (purchased or homemade).
- Prepare an envelope of **WHITE** or **CHEESE SAUCE MIX** (or, make up one cup from scratch); fold into meat.
- Fill shells with stuffing. Bake, uncovered, in 350° oven for half an hour. Top with buttered **BREAD CRUMBS** or **SHREDDED CHEESE**; bake 5 minutes more. Makes 4 servings.

Buying information, page 78

# EATING BETTER FOR LESS 9 MEALS THAT SHOW YOU HOW

**These thrifty main dishes will help you do right by your family and your budget.**

## PANTRY PUT-TOGETHERS

**ANHATTAN SPINACH-CLAM OLLS**

*am chowder lends special vor to the tomato sauce—*

**lasagna noodles (5½ ounces)**
**10-ounce package frozen chopped spinach**

• • •

**egg**
**cup cream-style cottage cheese, drained**
**cup (4 ounces) shredded mozzarella cheese**
**8-ounce can minced clams**
**4-ounce can mushroom stems and pieces, drained**
**tablespoon grated parmesan cheese**
**tablespoon finely chopped onion**
**teaspoon salt**
**sh pepper**

• • •

**can condensed Manhattan-style clam chowder**
**8-ounce can tomato sauce**

Cook lasagna noodles accord- to package directions; drain. y noodles in single layer on ixed paper. Cook spinach ac- rding to package directions; ain very thoroughly, pressing t excess moisture in a sieve. t aside. In blender container, mbine egg, cottage cheese, and cup of the mozzarella cheese. over and blend till nearly ooth, stopping blender occa- nally and pushing mixture wn with rubber spatula. Drain ms, reserving liquid. Add ms to the blended mixture. r in the drained spinach, the ushrooms, parmesan, onion, t, and pepper. Spread about cup of the spinach mixture nly over each lasagna noodle. ll up, jelly-roll fashion, into a il shape; set aside. Rinse blend- container. In rinsed container, mbine clam chowder, tomato ce, and the reserved clam uid. Cover and blend till ooth. Pour about half the soup xture into 12x7x2-inch baking h. Place lasagna rolls, seam le down, atop soup mixture in dish. Pour remaining sauce mixture over rolls. Cover with foil and bake in 350° oven for 30 minutes. Uncover and bake 15 minutes more. Top with the remaining ½ cup mozzarella cheese. Return to oven till cheese melts, about 3 to 5 minutes. Makes 4 servings.

**REUBEN BUNS**

*There's no kneading with this easy rye dough—*

**1½ cups all-purpose flour**
**1 cup rye flour**
**1 package active dry yeast**
**½ teaspoon caraway seed**
**1 cup milk**
**¼ cup cooking oil**
**2 tablespoons sugar**
**1 teaspoon salt**
**1 egg**

• • •

**1 12-ounce can corned beef, flaked**
**1 8-ounce can sauerkraut, rinsed, drained, and snipped**
**1 tablespoon horseradish mustard**

• • •

**3 slices (3 ounces) process Swiss cheese, cut in 12 triangles**
**Horseradish mustard**

In large mixer bowl, combine ½ cup of the all-purpose flour, all the rye flour, the yeast, and caraway seed. In saucepan, heat together milk, oil, sugar, and salt just till warm (115° to 120°), stirring constantly. Add to dry mixture in mixer bowl; add egg. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in remaining all-purpose flour. Cover; chill dough at least 1 hour.

Combine corned beef, sauerkraut, and the 1 tablespoon mustard. Shape into 12 balls. Spoon rye dough into 12 greased 2½-inch muffin cups. (Dough will be sticky.) With floured fingers, form a well in center of each portion of dough. Place corned beef ball in each well. Cover lightly with cloth; let rest in warm place 20 minutes. Bake in 375° oven for 30 to 35 minutes. Place a triangle of cheese atop each bun. Return to oven till cheese melts, 1 to 2 minutes. Pass mustard. Makes 6 servings.

## MEATLESS MAIN DISHES

**MEXICALI BEAN BAKE**

*The baked cornmeal batter tastes like tortillas—*

**½ cup chopped onion**
**1 clove garlic, minced**
**2 tablespoons cooking oil**
**1 tablespoon all-purpose flour**
**2 16-ounce cans red kidney beans, drained**
**1 16-ounce can tomatoes, cut up**
**1 4-ounce can mild green chilies, drained, seeded, and chopped**
**Several dashes bottled hot pepper sauce**
**⅔ cup yellow cornmeal**
**¾ teaspoon salt**
**¼ teaspoon baking soda**

• • •

**1 beaten egg**
**½ cup milk**
**¼ cup cooking oil**
**1 12-ounce can Mexican-style whole kernel corn, drained**
**1 cup (4 ounces) shredded process American cheese**

In large saucepan, cook onion and garlic in the 2 tablespoons oil till tender but not brown. Blend in flour. Stir in beans, tomatoes, chilies, and hot pepper sauce. Cook and stir till bubbly. Remove from heat. In bowl, combine cornmeal, salt, and soda. Stir together egg, milk, and the ¼ cup oil. Add to dry ingredients along with corn; mix well (mixture will be thin). Pour about ⅔ of the cornmeal mixture into a greased 2-quart casserole or 12x7x2-inch baking dish. Top with cheese; spoon bean mixture over all. Spoon remaining cornmeal mixture around edge. Bake in 350° oven for 35 minutes or till corn bread is done. Makes 6 servings.

**BROCCOLI SCRAMBLE CASSEROLE**

*Eggs and cottage cheese pack low-cost protein—*

**12 ounces fresh broccoli or 1 10-ounce package frozen broccoli spears**
**6 eggs**
**⅓ cup milk**
**Dash pepper**
**2 tablespoons butter or margarine**
**1 can condensed cream of chicken soup**
**½ cup cream-style cottage cheese**
**1 tablespoon all-purpose flour**
**¼ teaspoon dried tarragon, crushed**
**¾ cup soft bread crumbs (1 slice bread)**
**1 tablespoon butter or margarine, melted**

Wash fresh broccoli; cut into spears. Split stalks almost to flowerets. Cook, covered, in boiling salted water just till tender, about 10 to 15 minutes. (Or, cook frozen broccoli according to package directions.) Drain. In 10x6x2-inch baking dish, arrange broccoli, stems toward center; set aside. In blender container, combine eggs, milk, and pepper; cover and blend well. In 10-inch skillet, heat the 2 tablespoons butter or margarine; pour in egg mixture. Reduce heat to low; cook till set, but still glossy and moist, lifting and turning cooked portions with metal spatula. Spoon eggs atop broccoli. Rinse blender container; in it, combine soup, cottage cheese, flour, and tarragon. Cover and blend till smooth. Pour into small saucepan; cook and stir till thickened and bubbly. Pour over eggs and broccoli. Combine bread crumbs and melted butter; sprinkle over top. Bake, uncovered, in 350° oven for 20 minutes. Makes 4 servings.

## BEEFED-UP DINNERS

**BEEFY YORKSHIRE PUDDING**

*Ground beef fills these hearty popover casseroles—*

**1 pound ground beef**
**¼ cup chopped onion**
**1 teaspoon salt**
**Dash pepper**
**¼ cup snipped parsley**

• • •

**3 eggs**
**1½ cups milk**
**1½ cups all-purpose flour**
**½ teaspoon worcestershire sauce**
**¼ teaspoon salt**
**1 envelope brown gravy mix**

In skillet, cook ground beef,

**continued on page 72**

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begins on page 30

# Space to spare

**Snuggery Sofa Cover, Cushions, and Bolsters,** page 30

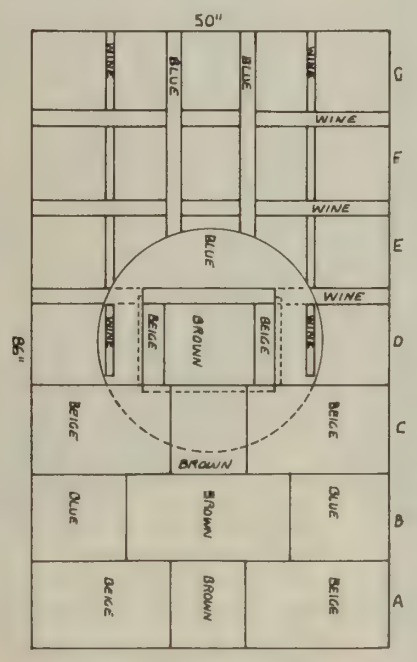
The fitted sofa bed cover, hanging cushions, and side bolsters are made from synthetic suede stitched and appliquéd in geometric patterns. (We used Singer Suede, available in most Singer Fabric Centers at about $8 a yard.)

*Materials:* 54-inch-wide synthetic suede in the following amounts and colors: 2⅝ yds. light blue; 1⅝ yds. wine; 5⅜ yds. beige; 2⅛ yds. dark brown. Matching thread and buttonhole twist; size 11 leather sewing machine needle; 2 yds. fusible webbing (such as Stitch Witchery, Pellon, etc.); 8 yards upholstery-weight snap tape; 2 yards muslin, 38 inches wide.

For the mattress we used a single-bed size slab of foam (72x36x5 inches). Each back cushion measures 24x18x8 inches. Arm bolsters are 36 inches long, 8½ inches deep, and angle from 5 inches high on the front side to 12 inches high at the back.

*Instructions:* Although synthetic suede has a nap, we ignored it for this project—both to save on fabric and because variations in the direction of the nap enhance the appearance of the projects. *Note:* Seam allowances on all pieces are 1 inch.

To make mattress cover, follow cutting and stitching guide below. Patched strips (A-G on the diagram) are pieced first; details such as the blue circle and the wine stripes are appliquéd on afterward.




1. For strips A, C, E, and G, cut 8 pieces of beige 14x21 inches and 4 pieces of brown 14x12 inches. Stitch a brown piece between 2 beige pieces along the 14-inch edges, to make a strip 50 inches long. Repeat for the other three strips.

Fuse seam allowances flat with a ½-inch strip of fusible webbing between seam allowance and back of fabric. Use a press cloth to protect fabric from scorch.

2. For strips B and F, cut 4 pieces of blue 14x15 and 2 pieces of brown 14x24 inches. Sew a brown piece between 2 blue pieces along the 14-inch edges to make a strip 50 inches long. Repeat for the other strip. Fuse seams as before.

3. For strip D (center strip), cut a piece of brown 14x50 inches and 2 pieces of beige 14x3½ inches. Appliqué the narrow beige strips to the brown, positioning beige strips so that edges are 12 inches apart and 15½ inches in from either end of the brown.

To appliqué, cut a piece of fusible webbing slightly smaller than the beige strips, and use to bond beige to brown. Then topstitch close to the edges of the beige strip with buttonhole twist.

4. Following diagram, stitch strips A, B, and C together. Next, stitch strips E, F, and G together.

5. Cut four narrow lengths of wine suede 1x37 inches. Position, fuse, and then topstitch one wine strip 11 inches in from each edge of section ABC and repeat for section EFG (see diagram). For the wider wine strips, running across the width of the cover, cut 4 pieces 2x50 inches. Center a wine strip over each of the seams between ABC and over each of the seams in section EFG. Fuse and topstitch as above.

6. Next, cut 4 pieces of blue 2x38 inches. Following diagram, center the blue strips over the horizontal seam lines in A and C and on pieces E and G. Fuse and topstitch.

7. Stitch strip D between the two larger sections. Fuse seams flat as before. Cut two more wine strips 2x50 inches; center them over the seams between C and D and between D and E. Fuse and topstitch in place.

8. For the blue circle centered on the sofa cover, make a paper pattern 30 inches in diameter and cut out a 14x18-inch rectangle from the center. Use this paper pattern to cut the circle from blue suede. Fuse and topstitch the circle onto the cover, following diagram. Topstitch the center rectangle opening as well.

9. Finally, cut 2 pieces of wine suede 1x10 inches long. Position each strip on the blue circle in line with the rest of the narrow wine strips. Fuse and topstitch in place.

10. To fit cover to bed, mark a 7-inch square in each corner on the wrong side of the cover. Fold edges together, match seam lines and stitch 5 inches along sides of the square, beginning at the point. Leave last 2 inches unstitched for fold-under flaps. Trim seams and fuse seam allowances flat.

11. Fit cover on bed, folding the 2-inch margin on sides and ends under so that side pieces flap over end pieces. Install snaps at corners so that cover fits snugly on mattress. To make cover fit smoothly, without wrinkles, stitch 1-inch-wide strips of elastic ⅓ of the way in from either end of cover and add snaps on opposite side to hold in place.

*Instructions for cushions:*

1. For front of each end cushion, cut 2 pieces of brown 6x26 inches, 1 beige 12x26 inches, and a blue circle 10 inches in diameter. Sew the beige piece between the 2 brown pieces along the 26-inch edges. Fuse seams flat. Center circle on the beige strip and appliqué in place.

2. For front of center cushion, cut 4 pieces of brown 8x6 inches, 2 beige 8x12 inches, 1 brown 14x12 inches, and 1 beige 14x20 inches. Stitch each 8x26-inch strip of beige between two 8x12-inch strips of brown for the side strips of cushion. Center the 14x12 piece of brown on the 14x20 beige piece and appliqué in place. Join the 3 strips together. Fuse seams flat.

3. To make sides for cushions, cut 3 pieces of beige 10x86 inches. With right sides together, seam short ends. Fuse seam allowances flat. With right sides together, stitch side strips to cushion tops, keeping corners square. Trim seams, clip corners.

4. To back cushions, cut 3 pieces of beige, 20x26. With right sides together, and matching corners carefully, stitch back to top of side strip (leaving 1 inch free on either side of back piece to fold under). Fold seam allowance under on remaining 3 sides of back and fuse flat. Apply snap tape along these 3 edges of back and matching tape along 3 edges of side strip. Before snapping cover on, pad top of foam cushion with several layers of quilt batting cut to size to give the cushion front a slightly rounded look.

5. To hang cushions, cut (and piece, if necessary) a strip of wine suede 24x66 inches. Fold the strip in half lengthwise and fuse together. Cut this 12x66-inch piece into 6 strips, each 2x66 inches. Top stitch along long edges on each strip.

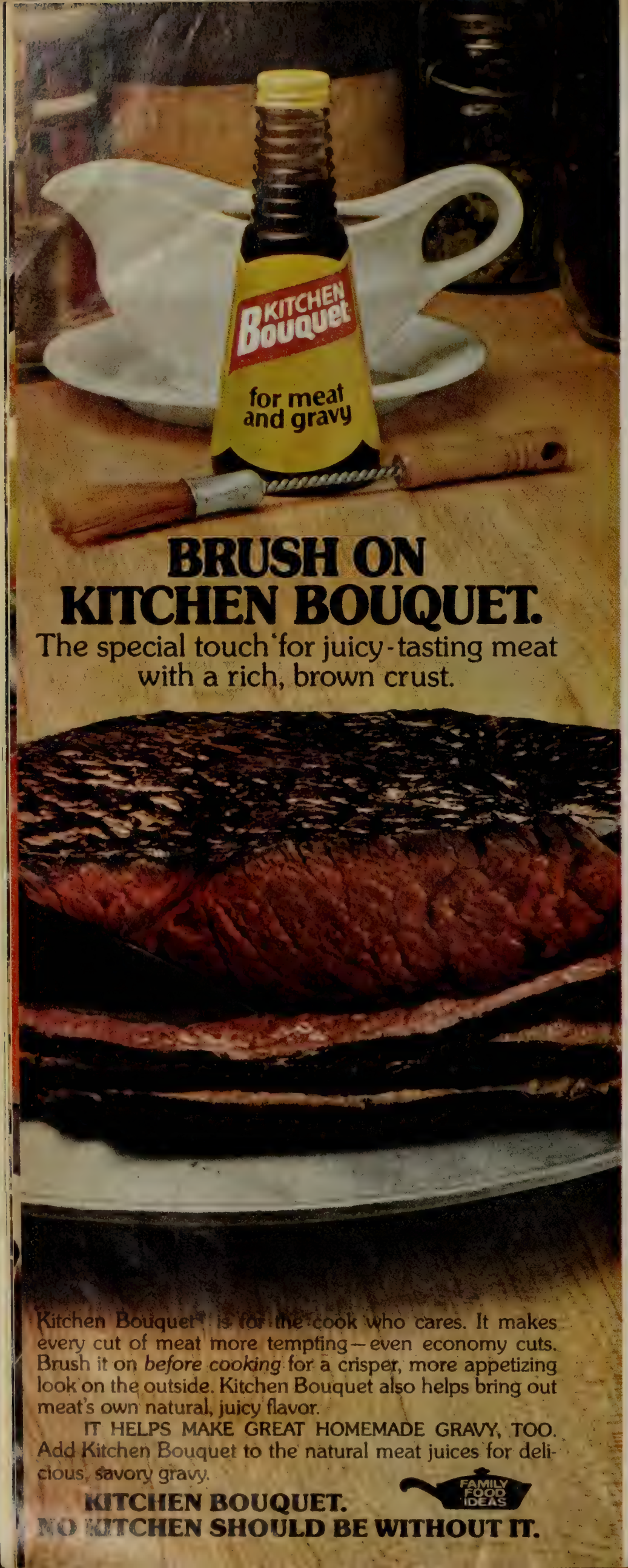
Slightly overlap ends of one strip and top stitch to form a circular piece. With seam in the back, pinch top edge of strip together and insert a 1-inch grommet ⅜-inch down from fold. Repeat for remaining five strips.

To hang, insert each cushion in between two straps, with pattern centered in between them. Fasten sturdy hooks to wall and hang the straps from the hooks. Placement of cushions should allow for approximately 6-8 inches between seat height and bottom of hanging cushions.

*Bolsters:* Make the tops of the bolster covers to match strips A and G on the sofa cover, adding wine and blue stripes to line up with stripes on the cover. Measure your foam bolster piece for exact dimensions before cutting the fabric, and be sure to add the necessary 1-inch seam allowances to all pieces.

Cut sides and backs of bolsters from beige suede (using foam piece as pattern), and cut the bottom from muslin. Stitch front, sides, and back of bolster covers together; clip and fuse seams. Join muslin bottom to front and sides of bolster, then add snap tape to back edge of muslin bottom piece and matching tape to bottom edge of bolster back.

**Note:** In all cases (mattress cover, pillows, and bolsters), strips and shapes of wine, blue, and brown could simply be appliquéd to a beige background (cut to size). Such a procedure, though easier than the cutting and piecing outlined above, would require a greater expenditure for fabric. ■




continued from page 69

# Eating better for less

onion, the 1 teaspoon salt, and the pepper till meat is browned and onion is tender. Drain off fat, reserving 1 tablespoon of the drippings. Brush six 8-ounce casseroles liberally with the reserved drippings. Stir parsley into meat mixture; set aside. In a small mixer bowl, beat eggs till foamy, 1½ minutes. Add milk, flour, worcestershire, and the remaining salt, beating till smooth. Using *half* the batter, fill each casserole approximately ⅓ full. Spoon about ½ cup meat mixture over batter in each casserole. Top casseroles with remaining batter. Bake in 400° oven for 30 to 35 minutes, or till golden. Meanwhile, prepare gravy mix according to package directions. Serve with casseroles. Makes 6 servings.

### STUFFED FLANK STEAK FLORENTINE

*A spinach-cheese stuffing is rolled inside—*

**2 1-pound pieces beef flank steak**
**1 slightly beaten egg**
**1 10-ounce package frozen chopped spinach, cooked and drained**
**½ cup (2 ounces) shredded sharp process American cheese**
**½ teaspoon ground sage**
**¼ teaspoon salt**
**Dash pepper**
**¾ cup soft bread crumbs (1 slice bread)**
**2 tablespoons cooking oil**
**1 8-ounce can tomato sauce**
**½ cup dry red wine**
**½ cup chopped onion**
**1 clove garlic, minced**
**2 tablespoons all-purpose flour**
**¼ cup cold water**

Pound each steak with meat mallet to ¼-inch thickness; set aside. Combine egg, spinach, cheese, sage, salt, and pepper; stir in bread crumbs. Spread mixture over steaks. Starting from narrow side, roll up jelly-roll fashion; tie with string. In large skillet, brown steak rolls in oil on all sides; place in a 10x6x2-inch baking dish. Combine tomato sauce, wine, onion, and garlic; pour over meat. Cover with foil; bake in 350° oven 1½ hours, or till meat is tender. Remove meat to platter; keep warm. Measure pan juices; add enough water to juices to equal 1¾ cups liquid. Turn into a 1-quart saucepan. Combine flour and ¼ cup cold water. Stir into pan juices. Cook and stir over medium heat till thickened and bubbly. To serve meat, remove string and slice. Pass sauce with steak rolls. Makes 8 servings.

### PEPPER BURGERS WITH THYME SAUCE

*Green peppers and thyme account for the special flavor—*

**1 beaten egg**
**2 tablespoons milk**
**¾ cup soft bread crumbs (1 slice bread)**
**¾ teaspoon salt**
**¼ teaspoon ground nutmeg**
**1 pound ground beef**
**½ cup chopped onion**
**1 tablespoon all-purpose flour**
**1 cup beef broth**
**1½ teaspoons worcestershire sauce**
**½ teaspoon dried thyme, crushed**
**1 medium green pepper, cut in strips**
**Hot cooked rice**

In bowl, combine egg, milk, bread crumbs, salt, and nutmeg; add ground beef and mix well. Sha into four patties. In a 10-inch skill cook patties over medium he *almost* to desired doneness, about to 4 minutes per side. Remove fro skillet. Cook onion in skillet dri pings till tender but not brow Drain off excess fat from skill Blend flour and beef broth; stir in skillet along with worcestershire a thyme. Cook and stir till thicken and bubbly. Return burgers to sk let; add green pepper strips. Si mer, covered, till burgers are heat through, 2 to 3 minutes. Serve wi rice. Makes 4 servings.

# SUNDAY NIGHT SUPPERS

### PARMESAN WINGS WITH POTATOES

*Parmesan-coated chicken win bake alongside homemade "fries"*

**½ cup fine dry bread crumbs**
**3 tablespoons grated parmesan cheese**
**2 tablespoons snipped parsley**
**½ teaspoon salt**
**Dash garlic powder**
**Dash pepper**
**2 pounds chicken wings**
**¼ cup milk**
**4 medium potatoes, pared and cut in sticks**
**2 tablespoons butter or margarine, melt**

In shallow dish, combine bre crumbs, cheese, parsley, salt, gar powder, and pepper. Dip wings milk, then in crumb mixture. Pla wings and potatoes in single lay in shallow 15x10x2-inch baki pan. Drizzle potatoes with butt Sprinkle with a little salt and pe per. Bake in 375° oven for 30 to minutes. Makes 4 servings.

### ITALIAN ZUCCHINI FONDUE

*Italian sausage lends its spicy flav to a baked fondue—*

**8 ounces bulk Italian sausage**
**4 medium (1½ pounds) zucchini**
**½ cup grated parmesan cheese**
**½ cup fine dry bread crumbs**
**1 tablespoon snipped parsley**
**½ teaspoon salt**
**⅛ teaspoon pepper**
**3 egg yolks**
**2 tablespoons water**
**3 egg whites**
**Paprika**

Brown sausage; drain off exce fat. Remove ends from zucchi Cook zucchini in small amount boiling salted water till tender-cris about 8 minutes; drain. Cut 3 or thin slices zucchini; set aside. Fine chop remaining zucchini. In lar bowl, combine cheese and bre crumbs; reserve 2 tablespoo crumb mixture and set aside. To r maining crumbs, add sausa chopped zucchini, parsley, salt, a pepper; toss together. Beat egg yol and water till blended; stir in sausage mixture. Wash beate Beat egg whites to stiff peaks (ti stand straight). Fold into sausa mixture. Turn into ungreased 1½ quart casserole. Sprinkle with r served crumb mixture and paprik Bake, uncovered, in 325° oven f 50 minutes or till set. Garnish wi reserved zucchini slices. Makes servings. ■

# A smile doesn't cost much when you make a Raisin Pudding Cake.



**Raisin Pudding Cake.** Take some JELL-O® Brand Instant Pudding, some SUN-MAID® Raisins, and follow this simple recipe to a smile.

- 1 package (2-layer size) yellow cake mix
- 1 package (4-serving size) JELL-O® Instant Pudding and Pie Filling, lemon flavor
- 4 eggs
- 1 cup (½ pt.) sour cream
- ⅓ cup oil
- 1 cup chopped SUN-MAID® raisins

Combine cake mix, pudding mix, eggs, sour cream and oil in large mixer bowl Blend well, then beat at medium speed of electric mixer for 2 minutes. Stir in raisins. Pour into a greased and floured 10-inch tube pan. Bake at 350° for 1 hour. Cool 15 minutes. Remove from pan; finish cooling on rack and glaze. Glaze. Blend about 1 tablespoon hot milk into 1 cup sifted confectioners' sugar; spread over cake.




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4. Winners will be determined in one random blindfold drawing from all entries received prior to deadline. Substitution of prizes not permitted. Any tax liability imposed on a prize will be the sole responsibility of the prize winner. No cash alternatives will be awarded. In the event any winner declines a winning prize or if for any reason all prizes cannot be awarded after the initial drawing, a supplemental drawing or drawings will be held to award all remaining prizes. Only one prize will be awarded to any one person or household. Drawing will be conducted by independent judges... Postmark Corp. whose decision is final. List of winners will be available on request to: **Winner's List, P.O. Box 2051, Kankakee, Illinois 60901.**
5. The Brim® Montreal '76 Olympic Sweepstakes drawing will be held on April 15, 1976. Prizes will be awarded as soon as compliance of winning entries with these rules is verified. In order to be awarded a prize, winning participants must be available at the addresses shown on their entry blanks, or they must furnish a proper forwarding address to sweepstake officials prior to the date of the drawing.
6. Each entry has an equal chance of winning... there are no predetermined winners. Your chances of winning are dependent on the actual number of entries received. Entry blanks will be distributed to a maximum of 61 million households. Sweepstakes open to all residents of the United States, except residents of Georgia, Idaho, Missouri and the state of Washington, and employees (and their families) of General Foods Corporation, its advertising agencies, subsidiaries or affiliates, NPA, or Postmark Corp. Federal, state and local regulations, if any, apply. Void in any locality where taxed, restricted or prohibited by law

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# Buying guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

**HE COOKS**

**Page 8** (top): Glass jar—Libbey Glass Company, Div. of Owens-Illinois Glass Company, Owens-Illinois Building, P.O. Box 919, Toledo, Ohio 43693.

**BRUNCH WITHOUT BOTHER**

**Page 21** (top): Salt and pepper—Barman International Co., 225 5th Ave., N.Y., N.Y. 10010. (Bottom): Glass bowl—Crate & Barrel, 1510 North Wells St., Chicago, Ill. 60610. Silver basket—Gorham, Div. of Textron, 333 Adelaide Ave., Providence, R.I. 02907.

**SPACE TO SPARE?**

**Pages 30-31:** Acrylic plastic for small tables and shutters—Plexiglas by Rohm and Haas, Independence Mall, Philadelphia, Pa. 19105. Synthetic suede fabric used for sofa cover—Singer Suede, available through many Singer Fabric Centers (or contact The Singer Co., 321 First St., Elizabeth, N.J. 07207).

**Pages 32-35:** Small table jigsaw—Dremel Mfg. Div., Emerson Electric Co., Racine, Wis. 53401. Rolling stock cart—Dunn & Co., 422 E. Locust St., Des Moines, Ia. 50305. Architect's stool—Model #4E-22MC, Cramer Industries, Inc., 625 Adams St., Kansas City, Kans. 66105.

**QUICK-CHANGE DECORATING**

**Page 46** (top): Wall mats—Black Market Imports, 230 Greenfield Ave., San Anselmo, Calif. 94960. Fabric on love seat and screen divider—Pierre Deux Antiques, 369 Bleecker St., N.Y., N.Y. 10014. (Bottom): Sofa and slipcover—Montgomery Ward & Co., P.O. Box 8339, Chicago, Ill. 60680. Fabric ruffle and pillows—Design Research, Inc., 2 Campanelli Dr., Braintree, Mass. 02185. Table—B. L. Designs, Inc., 10-34 44th Dr., Long Island City, N.Y. 11101. Carpet—Armstrong Cork Co., Lancaster, Pa. 17604.

**Page 47:** Drapery and frame fabric—Bloomcraft, Inc., 295 Fifth Ave., N.Y., N.Y. 10016. Chair—Hickory Chair Co., P.O. Box 2147, Hickory, N.C. 28601. Pillows—Nettle Creek Industries, Richmond, Ind. 47374.

**Page 48:** Carpet—International Floor Coverings, 151 Union St., San Francisco, Calif. 94111. Lamp (left)—Luxo Lamp Corp., Port Chester, N.Y. 10573. Baskets and tray—Cost Plus Imports, 2552 Taylor St., San Francisco, Calif. 94133.

**Page 49** (top): Chairs—Knoll International, 320 Park Ave., N.Y., N.Y. 10022. Sofa—Directional Industries, 979 Third Ave., N.Y., N.Y. 10022. Rug—Brintons Carpets Ltd., 919 Third Ave., N.Y., N.Y. 10022. (Bottom right): Sofa—Chippendale's & Associates, 1783 Merchandise Mart, Chicago, Ill. 60654. Lamp—Thomas Ind. Inc., 207 E. Broadway, Louisville, Ky. 40201. Masks in shadow boxes—Tyndale, Inc., 5th & Walnut Sts., Gloucester, N.J. 08030.

**Page 50** (top): Window shade "Colony Stripe"—Joanna Western Mills Co., 2141 S. Jefferson St., Chicago, Ill. 60616. Table—J.C. Penney Company, Inc., 1301 Ave. of the Americas, N.Y., N.Y. 10019. Chairs—Directional Ind., 979 Third Ave., N.Y., N.Y. 10022. Lamp—Robert Sonneman Associates Inc., 37-50 57th St., Woodside, N.Y. 11377. Dinnerware "Primary"—Noritake Co., Inc., 1538 Merchandise Mart, Chicago, Ill. 60654. Goblets "Trumpet"—Block China Corp., 11 E. 26th St., N.Y., N.Y. 10010. Flatware "Bamboo"—Invento Products Corp., 39-25 Skillman Ave., Long Island City, N.Y. 11104. Salad bowl—Stoneware Designs West, 3056 E. Bandini Blvd., Los Angeles, Calif. 90023. Apple container—Libbey Products, Owens-Illinois, Inc., P.O. Box 1035, Toledo, Ohio 43601.

**Page 51** (top): Photomural "Cathedral Meadow"—Backgrounds Unlimited, Div. of Lightning Bug Ltd., 1721 W. 170th St., Hazel Crest, Ill. 60429. Chaise lounge—Noval Manufacturers, 438 American Mart, 606 Lake Shore Dr., Chicago, Ill. 60611. Floor lamp—Lightolier, 346 Claremont Ave., Jersey City, N.J. 07305. Table—SGI, Inc., 200 W. Fulton St., Chicago, Ill. 60612. Flooring—Pier 1 Imports, 2520 W. Freeway, Ft. Worth, Tex. 76102. Stereo receiver, turntable, headphones—J. C. Penney Company, Inc., 1301 Ave. of the Americas, N.Y., N.Y. 10019. (Bottom): Sheets "Bakuba" dot and "Bakuba" basket weave—Martex, Div. of WestPoint Pepperell, 1221 Ave. of the Americas, N.Y., N.Y. 10020. Carpet—E. T. Barwick Mills, Inc., 5025 New Peachtree Rd., Chamblee, Ga. 30341.

**Page 52:** Fabric on frame—The Store, Ltd., Falls Rd. & Northern Pkwy., Baltimore, Md. 21210. Bowl—Tsao Designs, 108 Main St., New Canaan, Conn. 06840.

**Page 53** (top): Rug—Cabin Craft, Inc., Box 1208, Dalton, Ga. 30720. Lamp—Raymor/Richards, Morgenthau, Inc., 734 Grand Ave., Ridgefield, N.J. 07657. (Center): Pillow fabric "Marimekko"—The Store, Ltd., Falls Rd. & Northern Pkwy., Baltimore, Md. 21201. Storage unit for glassware "Umbo"—Directional Ind., 979 Third Ave., N.Y., N.Y. 10022. Storage unit on opposite wall—Interlubke International Contract Furnishings, 145 E. 57th St., N.Y., N.Y. 10022. (Bottom): Chair—Knoll Associates, Inc., 745 Park Ave., N.Y., N.Y. 10022. Pillows—Nettle Creek Ind., Peacock Rd., Richmond, Ind. 47374. Chrome planter—Habitat, 341 E. 62nd St., N.Y., N.Y. 10021.

**CAMOUFLAGE YOUR CABINET DOORS**

**Page 58** (clockwise starting at top left): Orange basket—Carousel Deco Paper, Carousel Crafts Co., P.O. Box 42549, Houston, Texas 77042. Dutch doors—Carousel Crafts Co. (same address). Quilted pineapple—Carousel Crafts (same address). Stained glass paper—Benequick, Janovic Plaza, 1292 First Ave., N.Y., N.Y. 10021. Corkboard—Clopay Corp., Clopay Square, Cincinnati, Ohio 45214. Squares on the diagonal—Benequick (same address as above). Sunburst—W. F. R. Ribbon Corp., 104 W. 17th St., N.Y., N.Y. 10011. Shiny arches—Contact, Comark Plastics Div., United Merchants, Inc., 1407 Broadway, N.Y., N.Y. 10018.

**Page 59:** Flooring #86376 Vinyl Corlon, burnt ocher, Brigantine pattern from Armstrong Cork Co., Lancaster, Pa. 17604. Counter top—Formica Corp., 120 E. 4th St., Cincinnati, Ohio 45202.

**EATING BETTER FOR LESS**

**Page 60** (right): Wooden condiment dish—Jan's Gallery, Inc., 519 Maple, West Des Moines, Ia. Knife—Denby, 4688 Paddock Road, Cincinnati, Ohio 45229.

**Page 61** (right): Baking dish—Rosenthal Studio Haus, 548 Fifth Avenue, N.Y., N.Y. 10036.

**Page 62** (top): Board—Dansk Designs, Inc., Radio Circle Road, Mt. Kisco, N.Y. 10549. (Left): Casserole "Potters Wheel"—Denby, 4688 Paddock Rd., Cincinnati, Ohio 45229.

**Page 62** (right): Pepper Mill—The Kenton Collection, Inc., Pleasantville, N.Y. 10570.

**Page 63** (top): Baking dish "Arabia"—H. E. Lauffer Co., Inc., Belmont Drive, Somerset, N.J. 08873.

**RAID-THE-CUPBOARD COOKING**

**Page 64** (front center): Plate—Denby, 4688 Paddock Rd., Cincinnati, Ohio 45229. (Left): Plate "Agate Pass"—Fabrik, Inc., 3241 Eastlake Ave. East, Seattle, Wash. 98102. (Right): Plate "Ptarmigan"—Fabrik (address above).

**Page 66** (front center): Casserole "Potters Wheel"—Denby (address above). (Right): Casserole "Arabia"—H. E. Lauffer Company, Inc., Belmont Drive, Somerset, N.J. 08873. (Top): Casserole—Denby (address above).

**Page 67** (left): Oblong dish—Club Aluminum Products Co., Div. of Standard International Corp., 9205 West Detroit Avenue, Cleveland, Ohio 44102.

**PRIZE TESTED RECIPES**

**Page 75** (left): Basket—F. O. Merz & Company, Inc., 1504 Mdse. Mart St., Chicago, Ill. 60654. (Right): Server—H. E. Lauffer Company, Inc., Belmont Dr., Somerset, New Jersey 08873.

**Page 76** (top left): Spoons "Holland"—Franciscan Table Top Fashions, Interpace Corporation, 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. Bowls and saucers "Butterfly Gold"—Corning Glass Works, Consumer Products Div., Corning, N.Y. 14830. (Bottom left): Serving plates "Spirit"—Lenox, Inc., Prince & Meade Sts., Trenton, N.J. 08605. Ice cream bowl—Wallace Silversmiths, Wallingford, Conn. 06492. (Top right): Plate "Cane"—Interpace Corporation-Consumer Products, 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. Glass—Denby, 4688 Paddock Road, Cincinnati, Ohio 45229. (Bottom right): Plates—Mitteldorfer-Straus, Inc., 41 Madison, N.Y., N.Y. 10010.

**AFTER-SCHOOL SNACKS**

**Page 79** (top): Plate—Corning Glass Works, Consumer Products Div., Corning, N.Y. 14830. Glasses "Gingham"—Libbey Glass Company, Div. of Owens-Illinois Glass Company, Owens-Illinois Building, P.O. Box 919, Toledo, Ohio 43693. (Bottom): Plate—Iron Mountain Stoneware Inc., Laurel Bloomery, Tenn. 37860. Bowls—Iron Mountain Stoneware Inc., Laurel Bloomery, Tenn. 37860.

# FTER CHOOL NACKS

nes out of ten, home- ds are hungry kids. To e nutrition into their y stocking the refrig- h cheese, milk, fruit it, fruit yogurts, and able nibbles. Here are -for-them goodies for next kitchen invasion.



Photographs: Dieter

**APPLESAUCE BARS**
- sugar
- shortening
- applesauce
- spoon vanilla
- -purpose flour
- spoon baking soda
- spoon ground cinnamon
- spoon ground nutmeg
- spoon ground cloves
- spoon salt
- raisins
- crushed cornflakes
- chopped walnuts
- sugar
- spoons butter or garine, melted

r bowl, cream together sugar and the shorten- ht and fluffy; add ap- nd vanilla. Stir together , spices, and salt; add uce mixture and blend in raisins. Spread in 15x10x1-inch baking bine the crushed corn- s, the remaining sugar, butter or margarine; over batter. Bake in for 20 to 25 minutes ne. Cool; cut in bars. bars.

nformation, page 78




# Simple Recipes for Beans 'n Wieners Buffs

Some tastebuds flip over wieners with Pork & Beans.



**Franktastic Fondue**
In blender, puree 21 oz. can Van Camp's pork and beans; ¼ cup Stokely's Finest catsup; 2 Tbsp. br. sugar; 1 tsp. instant minced onion. Add cup American cheese chunks; heat in saucepan; stir till smooth. Pour into fondue pot. Chunk ½ lb. wieners; sauté in skillet. To serve, dip wieners in fondue.



**Cheese-it Cups**
To form cups, place 1 refrig. light buttermilk biscuit in each of 10 greased muffin cups, pressing up sides. Fill each cup with mixture of 1 lb. can Van Camp's pork and beans; 2 wieners, sliced penny style; ¼ cup barbecue sauce; 1 Tbsp. br. sugar and 1 tsp. instant minced onion. Bake 10-12 min. at 425°. Sprinkle with ½ cup shredded cheese. Serves 5.

**Whopper Wheels**
In 1½ qt. greased casserole, combine 21 oz. can Van Camp's pork and beans; 1 tsp. instant minced onion; 1 tsp. prepared mustard; ½ tsp. celery salt; ¼ cup br. sugar. Bake 35 min. at 350°. Arrange 4 pineapple slices atop beans. Place wiener thru each pineapple. Bake 15 min. more. Serves 4.




**Saucy Bean Soup**
In saucepan, combine 4 wieners cut into ⅓'s and fluted; ½ cup chopped celery; ½ cup chopped onion; 21 oz. can Van Camp's pork and beans; 1 lb. can Stokely's Finest stewed tomatoes; 2 cups water; 2 beef bouillon cubes; 1 bay leaf; 1 tsp. Worcestershire sauce; 1 tsp. parsley flakes; 1 tsp. sugar; dash cayenne. Simmer 30 min. Serves 6.

Others prefer them with the sweeter taste of Brown Sugar Beans.



**Happy Honey'ed Beans**
Sauté 2 wieners, sliced penny style in 2 Tbsp. butter; push aside. Blend 1½ tsp. cornstarch with drippings. Add 1 lb. can Van Camp's brown sugar beans; 1 Tbsp. honey; 2 Tbsp. chopped pecans. Stir gently; heat till bubbling. Serves 4.



**Peachy Keen Beans**
Reserving 2 Tbsp. liquid, drain 29 oz. can Stokely's Finest yellow cling peach halves. In saucepan, blend reserved liquid, 1 lb. can Van Camp's brown sugar beans; heat till bubbly. Place peach halves in baking dish; spoon bean mixture into peaches; top each with 4 miniature marshmallows. Broil till lightly browned. Serve with broiled wieners. Serves 4.




VAN CAMP'S · ONE OF AMERICA'S GREAT SIMPLE PLEASURES


**YOGURT FRUIT DIPS**

With pick, spear a chunk of *fresh fruit;* dip into *strawberry or raspberry yogurt,* then into *shredded coconut, chopped nuts, or granola.*

To make your own Granola: Combine *2½ cups old-fashioned rolled oats, 1 cup shredded coconut, ½ cup chopped almonds, ½ cup sesame seeds, ½ cup shelled sunflower seeds,* and *½ cup unsweetened wheat germ.* Combine *½ cup honey* and *¼ cup cooking oil.* Stir into oat mixture. Spread in ungreased 13x9x2-inch baking pan. Bake in 300° oven 45 to 50 minutes, stirring every 15 minutes. Stir in *½ cup raisins.* Remove to another pan to cool; stir occasionally. Makes 6 cups. ■



She couldn't vote. She couldn't smoke. But in the Engelbrecht household, especially in winter, Mr. Engelbrecht always put his wife first.



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## America Rediscovered Part 1:

# The Great Southwest

*Americans' reactions to the celebration of our country's Bicentennial run the gamut from lump-in-the-throat pride to indifference to outright disapproval of celebrating anything when there's still so much to be done. That range is probably healthy, and it's certainly consistent with this nation's eclectic heritage. America was, after all, born of idealism and turmoil, conflict and compromise, grit and polish, rebellion and ambition.*

*Sure, there are tremendous problems and challenges—but that's hardly new, when viewed in historical perspective. Actually, in the vast scheme of things, America is still a kid of a country, a complex mix of races and nationalities going through growing pains and adolescent confusion—a kid awakening to the need not to overspend what seems to be a most indulgent trust of blessings, lest at maturity the generous pot of gold be depleted.*

*Since there are plenty of daily reports dealing with what's wrong in America, we are taking a different tack. Our editors and writers have, over the past year, wandered across this land looking for the good. During the course of this Bicentennial year, our family travel pages will carry our findings to you—a rediscovery of America, a kind of on-going love letter to the United States. We hope you'll be inspired to travel, explore, and rediscover some more of America for yourself.* **Kate Keating**

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**By Tony Swan**

The word Bicentennial is cut down to size when it's measured against the red sandstone time totems of the American Southwest. In a land that was well past ancient long before the celebrated West Indies landfall of 1492, centennials, bicentennials, even millenia have slipped by leaving scarcely a trace of their passage. An outcropping of rock, undermined for a thousand years, crashes to a canyon floor. A generation of sagebrush, juniper, and piñon pine comes and goes. A wet season sweetens the rock and sand briefly, followed by a march of ten parched ones. And throughout, the land looks exactly the same.

It is a strange land to behold, with its fortress buttes, sheer-walled canyons, gaudy hues, and exposed geologic calendars. The layers of rock—Navajo sandstone, Kaibab limestone, Bright Angel shale, Kayenta sandstone—represent hundreds of thousands of years apiece, their formation dating to times when this high country was a sea bottom. The landscaping—from the rococo fantasies of Bryce Canyon to the solemn pinnacles and spires of Monument Valley to the yawning majesty of Grand Canyon—was all carved into the earth, rather than from it. The intricately sculptured and scoured lands we see today are the remains of lofty plateaus—and the leveling process, too infinitely deliberate for men to perceive, continues.

For all its beauty, this is also a harsh and arid land. Rainfall is in short supply—an average of eight inches falls annually in the Four Corners (where Utah, Arizona, Colorado, and New Mexico touch)—and when it does arrive, it tumbles down in torrents that are shrugged off by the bare rock to sink into the thirsty sands.



Artist: Charles Reid

But water is also this region's resident chief architect, operating with a patience that makes the pyramid-building programs of ancient Egypt look like rush hour in the subway. The process of freezing and thawing is one expression of this, peeling off layer after layer of rock over the centuries. The real canyon builders, though, are the rivers—the Green, the San Juan, and "Big Red," the wild Colorado—that gnaw with insatiable appetite into the red rock. Prior to the planting of Hoover and Glen Canyon Dams, the Colorado annually hustled some 134 million tons of Southwest real estate to the Sea of Cortez.

Although 20th-century man tinkers with this environment, others have lived here for centuries with little need for change. Bands of Stone Age hunters began drifting into the Southwest as early as 25,000 years ago, long before the end of the most recent Ice Age. When the glaciers retreated, the climate began changing to its present aridity. The game supply diminished, and agriculture—the sacred trio of squash, corn, and beans—began to appear. First there were the Hohokam communities of southern Arizona, distinguished by their extensive irrigation canals, then the Anasazi, or "Ancient Ones," with dwellings scattered throughout the canyon country. By the end of the 13th century, when European cartographers were still indicating the edge of the world in the unknown seas to the west, the Pueblo cultures had already reached their zenith. Besieged by pressures we can only guess at today, the great cliff dwellings were abandoned one by one.

Today the descendants of the cliff dwellers live in the pueblos in the Albuquerque-Santa Fe-Taos area; in Laguna, Acoma, and Zuñi, west of Albuquerque; and in the mesa-top communities of the Hopi. The Navajo and Apache peoples, latecomers to the region, settled to the west, mostly in Arizona.

Cultural erosion is inevitable after four centuries, and visibly the Southwest Indians will strike you as being pretty much like any other outback desert ranchers in their uniform of blue denim, bouncing around in pickup trucks. The widely circulated picture of Navajo shepherds tricked out in their finest clothes and jewelry, prodding sheep across Monument Valley sand dunes, bears little resemblance to the day-to-day realities of life in the pueblos and reservations. Unemployment is depressingly high, and the worst self-perpetuating qualities of the welfare system seem firmly entrenched in many areas.

However, this gloomy climate shows signs of clearing, a trend that's best exemplified by the Navajo. Many of the members of this enormous tribe (with some 120,000 members spread out on a 24,000-square-mile reservation, it is the biggest in population and land holdings in the U.S.) still pursue the old way of life. You can see this most clearly in places like Canyon de Chelly National Monument, where Navajo families migrate to the canyon floor each summer to live in their snug little hogans, raise their crops, and tend their livestock. But there simply isn't enough arable land on the reservation for all the Navajo people to live this way, and the recent development of various natural resources—coal, oil, and uranium—as well as a growing tourist industry has helped create jobs and a general upswing in the local economy.

Although they represent one of the strongest lures for visitors, the striking arts and crafts of the Southwest don't represent a viable form of full-time employment for most of the Indian people. Production time is high; a three-by-five-foot Navajo rug, for example, represents some 350 hours of work. Also, the market is glutted with cheap, mass-produced imitations, making



it almost impossible for handmade articles to compete with any sort of reasonable per-hour return for their craftsmen.

Nevertheless, the crafts, ancient and not so ancient, live on, even showing signs of renaissance in some areas. Pottery, handmade in the ancient tradition without the aid of a potter's wheel, has been showing some of the strongest signs of revival. Perhaps the best known style is the distinctively figured work produced by the Hopi; but the Zia, Acoma, Santa Clara, and San Ildefonso pueblos are also recognized for museum-quality pieces. The red and black wares of Santa Clara and San Ildefonso are particularly prized. Basketry, an art that is almost 2,000 years old in the Southwest, is another victim of 20th-century technology. Once commonplace among all the Southwestern peoples, it is now produced in quality and quantity only by the Papago of southern Arizona and by the Hopi. Weaving, with cotton, was practiced in the Southwest for centuries before the arrival of the Spanish. But when the Europeans arrived they brought with them goats and sheep. These close-grazing creatures were ruinous to the land but were instrumental in the emergence of the Navajo as the region's master weavers. Today the place names of some of the Navajo reservation weaving centers, many with their own distinctive stylistic traditions, ring out like an honor roll of the craft: Nazlini, Ganada, Klagetoh, Two Gray Hills, Teec Nos Pos, Chinle, Shonto, Tonalea, Lukachukai.

Silverwork is another imported craft, brought to the region in the mid-19th century by itinerant Mexican smiths. The Navajo were the first to work in this medium, producing simple, elegant pieces, largely by sand-casting. The squash blossom and the crescent-shaped Naja, adaptations drawn originally from floorish patterns in Spain, are perhaps the best-known designs. The Hopi followed this style until 1938, when a special Museum of Northern Arizona project led to the incorporation of the fanciful Hopi pottery ornamentation into the silverwork. The Zuni tradition evolved into jewelry making. They developed the art of cutting and polishing turquoise, coral, and mother-of-pearl to fit into silver settings, and practically every member of the pueblo has some skill at this precise work. The old ways and ancient gods have no bearing on the position of the Indian people in the American socioeconomic fabric. But these pre-Hispanic traditions nevertheless persist. They are on display year-round in the brightly colored Hopi kachina dolls, carved and feathered figurines representing the 250-odd costumes of the kachina dancers. The kachinas are roughly the equivalent of Christian saints, acting as middlemen between the gods and mortals. The names of the kachinas—Chaveyo, the black ogre; Kwa, the eagle; Kwea, the wolf; Longwa, the owl—prod the imagination as much as their colors and shapes.

However, seeing the dolls is only a peephole-view of prehistory compared to seeing the actual kachina dancers—or participants in any of the Southwest Indian ceremonials, for that matter. Though the masked, painted, and feathered kachinas of the Hopi and Zuni are certainly the best equipped to temporarily roll back the centuries, other wheres and other whens are also magically summoned by the seasonal dances of the various pueblos; Corn, Deer, and Eagle dances are common to most of the communities.

But for sheer spectacle, nothing quite matches the Hopi snake dances. Somehow, the sight of a man performing with a live rattlesnake in his teeth makes the issues of heritage and geography and the future shrink to a tiny pinpoint: there is only the moment, the swaying dancer and his guard, and the struggling reptile.

The mountains and mesas of southwest Colorado and the jumbled red rock canyon country of southern Utah were lifelong survival schools for the ancient peoples and a nuisance to the hardy and resourceful Mormon pioneers who later settled the region. Settlers frequently spent months trying to find routes through or around impassable gorges and unfordable streams. Ebenezer Bryce summed up the settler-versus-scenery attitude best when he came to the Paunsagaunt Plateau, above Bryce Canyon, in 1875. He called the canyon simply "one hell of a place to lose a cow." About the only white men to find the region hospitable were Major John Wesley Powell, whose 1869 journey down the Colorado River endures as one of the epic American adventures, and outlaws like Butch Cassidy and the Wild Bunch, who hid out in the canyons when things got hot.

The age of the motorcar and the airplane changed all that long ago, of course, and today portions of these remote regions have become some of America's most glorious national parks. Utah alone has five: Canyonlands, Arches, Capitol Reef, Bryce Canyon, and Zion, all of them carved from the same basic materials, each of them different. Arches is distinguished by the largest collection of natural windows and arches of any area in the country. Canyonlands' labyrinthine chasms, the handiwork of the Green and Colorado Rivers, seem to be a maze designed for giants, and the cliffs and solitude of Capitol Reef inspire a rare tranquillity. Bryce Canyon's profusion of strange towers and spires must certainly have been designed by the king of all goblins, and the mighty formations of Zion dwarf their bigger-than-life names: Eagle Crags, The Watchman, Temple of Sinawava, and the Great White Throne. Colorado's Mesa Verde National Park, whose formidable sandstone heights command views of the surrounding country for scores of miles, offers not only scenery but a quick course in anthropology as well. Tucked into Mesa Verde's canyons are dozens of elaborate cliff



dwellings, some of the most extensive and best preserved to be found anywhere. The great towers and stacked apartments have stood here since the 1200s, vacant for the last six centuries. When the sun hangs on the canyon rim, tinting the sandstone gold and setting the black of the vacant windows in sharp contrast, time vanishes from these regions. You can almost hear the day's-end sounds of the ancients: the click of flints, the chatter of children at play, the lunatic scolding of a turkey, the scrape and grind of mano and metate. Perhaps some benign sorcerer has watched over Mesa Verde since the last cliff dwellers left; perhaps he awaits their return.

Although there is magic everywhere, nothing in the immense Southwestern inventory of archaeological and geological marvels compares to the Grand Canyon. The product of nine million years' digging by the Colorado River, this great gash in the earth has caused men to stand in awe for as many years as there have been men to see it. Today millions "see" the canyon each year, peering down from various North and South Rim vantage points. Really experiencing the Grand Canyon, however, means getting into it, literally, by foot or muleback down one of the trails, or, for one of the greatest adventure trips in the country, by raft or dory down the Colorado River.

It is here, in the shadow of a past that dwarfs all the world's civilizations, that we are confronted by our mortality. And it is here, perhaps more than anywhere else in the country—perhaps on earth—that we can learn to accept it. The monumental scale of the Southwestern scenery seems designed as a backdrop for the comings and goings of Olympians, and even the mightiest works of men—landscape changers like Glen Canyon Dam and the skyscraping smokestacks of the coal-fired power plants at Shiprock and Page—seem for the most part hopelessly puny and out of place by comparison. The dwellings of the ancients, cut from local rock and carefully integrated into the cliffsides, looked at home here. But today only a handful of communities, most of them in New Mexico, all of them marked by the sprouted-from-the-earth look of adobe, appear to be in harmony with their environment. And of these, Santa Fe stands alone.

It's not easy to p
point the source of
the magic that make
Santa Fe so heady to the sens
Perhaps it's the close watch the
city fathers keep over Santa Fe's
pearance: local ordinances limit the
more garish excesses of outdoor advertisir
the great towers and glass slabs that are com
mon in most American cities are absent, and a
thing old is lovingly maintained and refurbishe
Or it may be that Santa Fe's mystical appeal lies
the stimulating combination of a highly visible Sp
ish Colonial heritage and a commitment to the arts
is the 20th-century equivalent of Renaissance Flore
visually, the city is a garden.

A prime symptom of the fine madness of Santa Fea
is their annual opera season. Major opera stars, buff
and critics from all over the country descend on Sa
Fe in midsummer for a seven-week run that never p
to empty seats. Perhaps all those arias hurled up fro
the open-air stage have rekindled the interest of the
cient gods who once watched over the Rio Grande peop

Whatever its origins, the enchantment of this city
is almost tangible. It lives in the homes of
the faithful, simply and massively expressed
in adobe walls and hand-hewn beams, richly
adorned with Navajo rugs and other selections from the bott
less vat of the Southwestern arts; it stands watch in the 366
year-old Palace of the Governors, one of America's earliest
public buildings; and it expresses itself in the Saturday sid
walk displays of the Indian people who sell jewelry, weavin
and pottery under the arcade outside the palace. It shimme
in the sweet winds that blow in off the high plains, and ec
off the nearby Sangre de Cristo Mountains.

Many newcomers make economic sacrifices to participate
this cultural and environmental conspiracy—though being
there, even for a day, makes the sacrifices seem to be reas
able creative risks. Santa Fe is more than a city. It's an exer
in self-renewal, psychic protein wrapped up in adobe and b
sky. It nourishes the soul as well as the eye, ear, and palat




Taos, about 80 miles north, shares much of the Santa Fe mood. It is old, dating to 1615, possesses one of the Southwest's most beautiful mission churches, and has even more cinnamon-brown adobe-style buildings.

However, the clear air and splendid setting of Taos may have been too much of a good thing. Like Santa Fe, the town is an incredible nest of artists and artisans, with dozens of shops and galleries splaying their work, whose general quality is very high indeed. Unlike Santa Fe, little Taos (population 2,475) is unable to absorb all this commercial activity as subliminally as a city of 50,000.

Taos Pueblo, a little over two miles north of town, doesn't have this problem. Many centuries have passed since this site was first occupied, and the coming of Europeans hasn't produced much visible alteration in the scene. The headlong haste that marks much of contemporary American life is conspicuous only by its absence. The stacked adobe apartment houses, as functional as they are picturesque in this land of sharp temperature extremes, drowse in the sun. The men and women of the pueblo go about their chores—chopping wood, baking in the round wood-fired communal ovens, fetching water. The clear, cold little Rio Taos, fed by the snows of the nearby mountains, murmurs through the center of the pueblo. The importance of yesterdays and tomorrows fades in the easy realities of today. Concepts like gross national product and blue chip stocks seem as compelling as a week-old newspaper compared to this simple business of being.

You can see the prologue for the next 200 years of the American Southwest experience in today's great cities—Albuquerque, Phoenix, and Tucson—and the picture is far from being all rosy. The homogenized architecture of late 20th-century America has overshadowed many of the distinctive qualities of each of these cities, and belts of freeways, gas stations, fast food operations, and big chain motels add to the burgeoning anonymity. There are other even gloomier commonalities with the rest of big-city America: crime, unemployment, poverty, and pollution, the woes of almost any urban society.

However, there is more than enough achievement and hope to balance these ledgers. The excitement and cultural advantages offered by almost any American city make life there a potentially rich and varied experience. The Southwest cities add special geographical and ethnological touches to the more familiar hallmarks of mainstream America. All three are desert cities, but the setting for each is different: Albuquerque's backdrop on the high plains is the abrupt upthrust of the Sandia Mountains, named by the Spanish for the pinkish glow they reflect at sunset; Phoenix sprawls in a huge basin, with low, jagged peaks punctuating the skyline in every direction; Tucson lies amid the rich and other-worldly vegetation of the Sonoran desert. Although all three share a Spanish accent, their pace and character differ markedly. Phoenix, heavily involved in the business of diversion for the "snowbirds" who fly south each winter, is as up to date as a lunar command module. Although its pace is slower, Tucson shares many of Phoenix's commercial aspirations, particularly in tourism, and its outdoor attractions—the Saguaro National Monument and Coronado National Forest—are unique. Albuquerque, hub of New Mexico commerce, has winter to cope with and thus lacks the resort traffic that characterizes Phoenix and Tucson. Even so, it has enough New Mexico charm to make it a favorite destination for visitors to the state.

Then, quite in a class by itself, there is Las Vegas. Vegas shares one quality—timelessness—with the rest of the Southwest, although it achieves it through different mediums: the eternal ranks at the slot machines, the endless roll of a single die across a green felt plain, the mesmeric spin of a roulette wheel. Although it is as socially and economically fragile as a house of cards, once inside it you have the definite feeling that this city has always been here and will always be here, as eternal in its way as the monoliths of Monument Valley.

It's hard to decide where Las Vegas belongs in the American scheme of things. Is it some futuristic expression of American culture interpreted in clamorous neon and crazy quilt ferroconcrete? Is it a Felliniesque portent of the decline and fall of Western Civilization? Or is it simply what it seems to be—an enormous, jingling playground for adults?

Whatever your opinion of Vegas as a sociological phenomenon, two facts are inescapable. First, people enjoy its unabashed glitter, its big-name show-biz figures, and the chance to rub elbows with real high rollers. The Mint Hotel's gaming school "graduates" some 820 visitors daily, and the influx into the city is expected to top nine million this year. Second, without the gaming Nevada would dry up economically. Approximately $1.1 billion, over half of it from Las Vegas, was siphoned off the tables last year into the state treasury.

And there are legions of Las Vegas regulars who wouldn't consider living anywhere else. Some are in it strictly for the money, some are drawn by the glitter of the marquees. But many others simply like it—the desert climate, the proximity to outdoor attractions such as Lake Mead and Valley of Fire, the participation in a community that is as unique, in its way, as Santa Fe.

The evolution of Santa Fe and Las Vegas offers miniature lessons about the entire Southwest. With a range of experiences and cultural subcurrents that spans 20 centuries, the region is one of the nation's prime examples of the melting pot theory. The erratic genius of a random blending of peoples is the force that made the Southwest great. It is also the force that propels the Southwest toward a hopeful tomorrow.




To accompany our Bicentennial travel series, we've put together a series of touring suggestions tailored to fit vacations ranging from one to three weeks—red for one week, white for two, and blue for three. Although a longer vacation allows time for poking into byways and experiencing other life-styles, each of these tours is designed to furnish you with a cross-sectional sampling of the region covered in the preceding story. You may want to add certain destinations or drop others, particularly if one locale strikes your fancy. Or, time permitting, you may decide to opt for a specialty vacation—a trip down the Colorado River through the Grand Canyon, for example, or a week in a houseboat on Lake Powell, or a pack trip into the outback country of southern Utah. However, if you want to "see it all," these trips—all of them admittedly busy ones—will give you an opportunity to do so within the limits of your time budget.

### RED TOUR—7 DAYS

**Day 1. Santa Fe, New Mexico**—This oldest of U.S. capitals (founded in 1610) is a delightful blend of mountain climate, Spanish heritage, and cultural commitment. For information on lodging, events, and attractions, contact the Santa Fe Chamber of Commerce, 330 Old Santa Fe Trail, Santa Fe, New Mexico 87501.

Distance to Taos (via US-84, New Mexico-68): 70 miles.

**2. Taos, New Mexico**—Known widely as an artists' colony, Taos is also the site of one of the oldest continuously occupied communities in the country, the Taos Pueblo. Information: Taos Chamber of Commerce, P.O. Box 445, Taos, New Mexico 87571.

Distance to Mesa Verde (via US-64, -84, and -160): 218 miles.

**3. Mesa Verde National Park,** Colorado—Site of some of the most extensive and best preserved Indian ruins in the country. Information: Superintendent, Mesa Verde National Park, Colorado 81330.

Distance to Monument Valley (via US-160, -163): 145 miles.

**4. Monument Valley, Utah**—A region of strange sandstone spires and monoliths in the Navajo Indian Reservation on the Arizona-Utah border. Information: Goulding's Lodge, Box 1, Monument Valley, Utah 84536.

Distance to Grand Canyon, North Rim, (via US-163, -160, -89, -89A, Arizona-67): 252 miles.

**5. Grand Canyon National Park,** Arizona (North Rim)—The higher and less crowded North Rim provides a more pleasant setting for experiencing America's most awesome scenic feature. Open mid-May to mid-October. Information: Superintendent, Grand Canyon National Park, Box 129, Grand Canyon, Arizona 86023.

Distance to Zion National Park (via Arizona-67, US-89, Utah-15): 160 miles.

**6. Zion National Park, Utah**—Dizzying vertical scale and gigantic formations make this one of the most spectacular and varied of the Southwestern parks. Information: Superintendent, Zion National Park, Springdale, Utah 84767.

Distance to Las Vegas (via Utah-15, -17, I-15): 160 miles.

**7. Las Vegas, Nevada**—America's neon Never Never Land. Information: Las Vegas Chamber of Commerce, 2301 East Sahara Avenue, Las Vegas, Nevada 89105.

### WHITE TOUR—14 DAYS

**1. Albuquerque, New Mexico**—New Mexico's transportation center, commercial hub, and only candidate for metropolis. Information: Albuquerque Visitors and Convention Bureau, 401 Second Street Northwest, Albuquerque, New Mexico 87101.

Distance to Santa Fe (via I-25): 60 miles.

**2. Santa Fe.**

**3. Taos.**

Distance to Durango, (via US-64, -84, -160): 182 miles.

**4. Durango, Colorado**—A Wild West town that survived, Durango is now a colorful base for explorations into the mountain country that surrounds it and headquarters for the Denver & Rio Grande Railroad, a steam train that operates daily round trips through the mountains to Silverton during the summer. Advance reservations suggested. Call 303/247-2733 or write the railroad at 479 Main, Durango. For further information, write the Durango Chamber of Commerce, 2301 Main, Durango, Colorado 81301.

Distance to Mesa Verde (via US-160): 36 miles.

**5. Mesa Verde National Park.**

**6. Monument Valley.**

Distance to Page, (via US-163, -160, -89): 158 miles.

**7. Page, Arizona**—Headquarters for Lake Powell vacations and excursions to Rainbow Bridge National Monument (write Wahweap Lodge, Page 86040 for details). Information: Page Chamber of Commerce, Page, Arizona 86040, and Superintendent, Glen Canyon National Recreation Area, Box 1507, Page, Arizona 86040.

Distance to Bryce Canyon (via US-89, Utah-12): 164 miles.

**8. Bryce Canyon National Park, Utah**—Not a true canyon, this wildly carved edge of the Paunsagaunt Plateau is the most lavishly decorated of the southwestern parks. Information: Superintendent, Bryce Canyon National Park, Utah 84717.

Distance to Zion National Park (via Utah-12, US-89, Utah-15): 79 miles.

**9. Zion National Park.**

**10. Grand Canyon National Park.** (North or South Rim).

Distance to Phoenix from North Rim (via Arizona-67, US-89A, -89, I-17): 337 miles. From South Rim (via US-180, I-17): 235 miles.

**11. Phoenix, Arizona**—Arizona's boomtown. Information: Phoenix Chamber of Commerce, 805 North Second Street, Phoenix, Arizona 85004.

Distance to Tucson (via I-10): 116 miles.

**12-13. Tucson, Arizona**—Arizona's Spanish heritage shows most here, and the Sonoran desert setting is compelling. This is also the base for excursions to Tumacacori National Monument and the Mexican border town of Nogales. Information: Tucson Chamber of Commerce, P.O. Box 991, Tucson, Arizona 85702.

Distance to Las Vegas (via I-10, US 60, -93): 405 miles.

**14. Las Vegas.**

### BLUE TOUR—21 DAYS

**1-2. Albuquerque**—Besides being a worthwhile stop on your tour, this is also a logical base for explorations to the Zuni, Acoma, and Laguna pueblos and El Morro National Monument. Zuni is 151 miles (via I-40, New Mexico-53). El Morro 104 miles (same route), Acoma 65 (via I-40, New Mexico-23), Laguna 33 (via I-40).

**3. Pueblo Tour**—Using either Santa Fe or Albuquerque as a base, you may visit the Zia, Cochiti, Isleta, Santa Ana, San Felipi, Jemez, San Ildefonso, Santa Clara, and Picuris pueblos.

**4-5. Santa Fe**—Although there's plenty to fill a vacation of almost any length in Santa Fe itself, an excursion to the Indian ruins at Bandelier National Monument (24 miles via US-84, New Mexico-4) and the Santa Clara and Picuris pueblos is also worthwhile.

**6. Taos.**

**7. Durango.**

**8. Mesa Verde National Park.**

Distance to Canyon de Chelly National Monument (via US-160, Arizona 68): 154 miles.

**9. Canyon de Chelly National Monument, Arizona**—These long, converging canyons, still occupied and farmed by the Navajos, are sprinkled with ruins. Information: Superintendent, Canyon de Chelly National Monument Box 588 Chinle, Arizona 86503.

Distance to Hopi Villages (via Arizona-63, -264): 92 miles.

**10. Hopi Villages, Arizona**—The mesa top towns of the Hopi Indians are perhaps the most intriguing of all the Southwest Indian communities. Of particular interest is Walpi, atop First Mesa. (Accommodations in the area are limited.) Information: Hopi Agency, Keams Canyon, Arizona 86034.

Distance to Monument Valley (via Arizona-264, US-160, -163): 170 miles.

**11. Monument Valley.**

Distance to Moab, (via US-160): 128 miles.

**12. Moab, Utah**—Headquarters for visits to nearby Canyonlands and Arches National Parks, and for raft trips on the Green and Colorado Rivers. Information: Grand County Tourist Council, 156 North First West, Moab Utah 84532, and Superintendent, Canyonlands National Park, Moab, Utah 84532.

Distance to Capitol Reef (via US-160, I-70, Utah-24): 144 miles.

**13. Capitol Reef National Park, Utah**—This park takes its name from the limestone-capped, banded thousand-foot cliffs that are its prominent feature. Information: Superintendent, Capitol Reef National Park, Torrey, Utah 84775.

Distance to Bryce Canyon (via Utah 24, -62, US-89, Utah-12): 145 miles.

**14. Bryce Canyon National Park.**

**15. Zion National Park.**

**16. Page.**

**17. Grand Canyon.**

**18. Phoenix.**

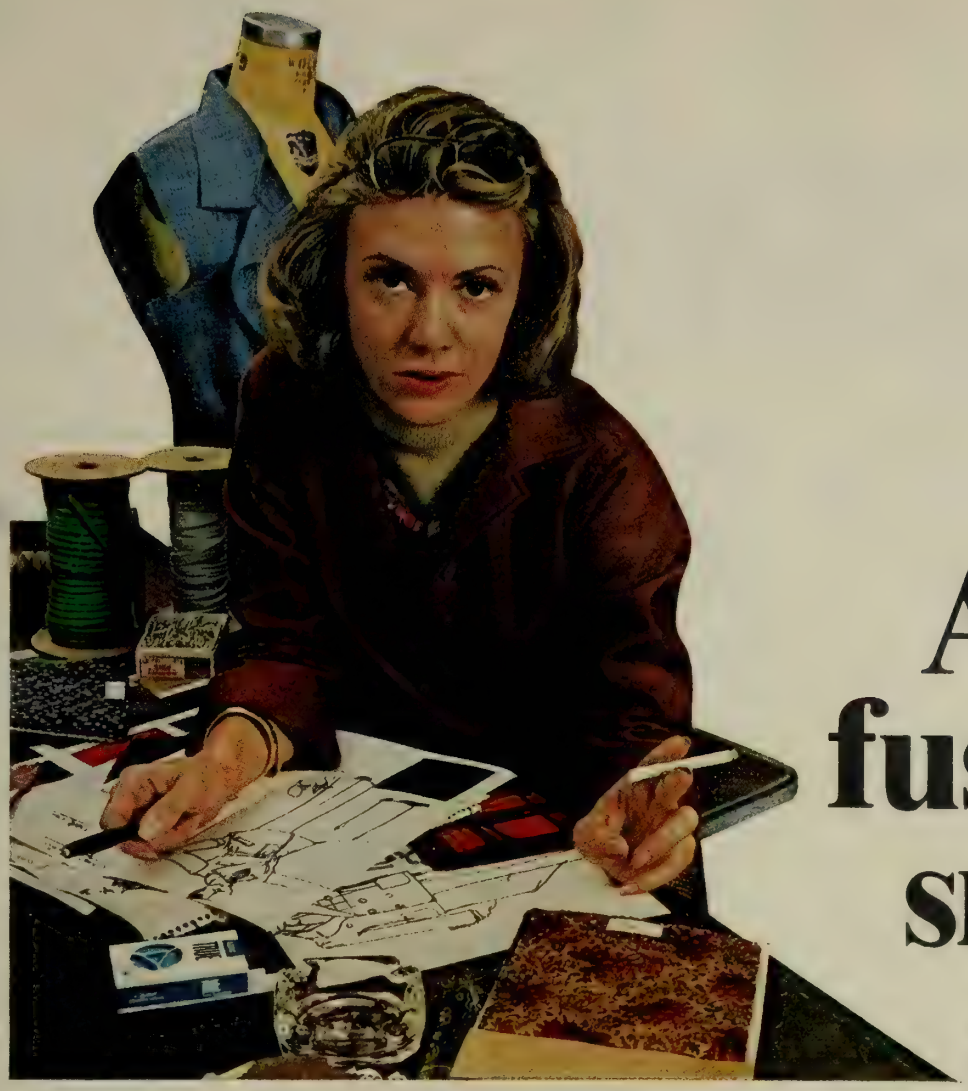
**19-20. Tucson.**

**21. Las Vegas.**

For general information to help plan your itineraries, contact the Arizona Office of Tourism, 1645 West Jefferson Street, Phoenix, Arizona 85007; the Colorado Division of Commerce and Development, 602 State Capitol Annex, Denver, Colorado 80203; The Travel Bureau, New Mexico Department of Development, 113 Washington Avenue, Santa Fe, New Mexico 87503; or the Utah Travel Council, Council Hall, Salt Lake City, Utah 84114.

For information on Indian ceremonials, write for the Bureau of Indian Affairs calendar of events (30 cents) care of the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.

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**The low tar, low nicotine cigarette. Think about it.**

begins on page 45

# Credit terms

signature of an additional person (a comaker) who guarantees payment if the borrower defaults. The comaker is as liable for the loan as the maker.

● **Discounted loan.** With this loan, interest is deducted in advance. For example, if you borrow $1,000 at a quoted rate of $6 per $100 per year, the $60 interest is deducted immediately and you receive $940.

While the rate with this type of loan looks like six percent, it works out to 11.8 percent annually—because you're paying off the loan in monthly installments and don't have the use of the full amount for the whole year. To illustrate: At the end of six months you owe only $500, but you're still paying interest on $1,000. If a discounted loan runs for more than a year, the true annual rate rises significantly.

● **Add-on loan.** This is the reverse of the loan just described: The lender adds the interest to the principal, rather than deducting it. Thus, on a $1,000 loan, you actually pay back $1,060. Here the annual rate comes to 11.1 percent.

● **Interest on declining balance.** This method of computing interest is generally used by small loan or consumer finance companies and by credit unions. You pay a monthly rate, but only on the average balance owed each month. This "simple interest" method can be less costly than either discounted or add-on loans, and more lending institutions are offering it. It's a method worth shopping for.

● **Conditional sales contract.** This type of loan is widely used to finance installment purchases. You get immediate possession of your purchase, but title of the property remains with the seller until all payments are completed. Before signing an installment contract, be sure you fully understand it. Don't be hurried! And see that all blank spaces are filled in completely.

● **Line of credit.** This is simple credit extended by a bank or other lender up to an agreed-upon limit. The borrower uses only as much as he needs from time to time and pays interest only on the amount borrowed.

● **Overdraft checking account.** This form of borrowing permits you to write checks, up to a pre-approved line of credit, even though your balance no longer covers the checks. The amount overdrawn becomes a loan, and you pay interest on that amount.

The legal rate of interest, which varies from state to state, usually runs about one percent a month (12 percent APR).

● **Holder in due course.** This device allows a merchant to get his money immediately by selling your installment contract to a bank or finance company, which then becomes the "holder." You then owe money to the holder, although you may not even realize it. Bank cards present a similar situation, since you buy the product or service one place but owe the bank card company the cash.

Until recent federal legislation, in many states the holder was not legally involved in the transaction, should you have a dispute with the merchant. Now, depending upon the cost of the item (generally over $50) and where you bought it (in most cases, your home state), you can seek redress from the holder once you have made a reasonable effort to gain satisfaction from the merchant (see the accompanying article).

● **Confession of judgment.** This term refers to a clause found in installment contracts in some states (but prohibited in others) in which you admit or "confess" that you owe the money and thus waive your right to due process. Naturally, you should be very wary of any such clause. If you default, the creditor can go into court and routinely get a quick judgment against you.

● **Repossession.** This maneuver allows the creditor to repossess an item with a minimum of legal formalities, but peaceably, should you fall behind in your installment payments. Or you may give up the purchase voluntarily.

*Warning:* Repossession does not necessarily cancel the debt. You are still liable for the unpaid portion and, to collect it, the holder can sell the repossessed item. If he doesn't realize enough on it (as frequently happens), he can in some states sue you for the amount still owed—called the "deficiency balance."

● **Acceleration clause.** This clause allows an installment creditor to declare the unpaid balance due immediately if you violate some provision of the contract. A violation can include not only payment default but also removal of the property from the state, tax delinquency on mortgaged real estate, or any other impairment of the lender's interest.

● **Credit life insurance.** This is a life insurance policy on the life of the borrower, frequently suggested by the lender, especially on large loans, to guarantee payment of the loan if the borrower dies before it is paid off. It also allows the borrower's beneficiary to retain the paid-up collateral.

Credit life insurance is not required by law. The lender should spell out the terms clearly, and give you an option to buy it or not—or at least explain that insurance is required by the lender's policy, not by law. ■

# Credit rights

begins on page 45

**ture as a condition of credit if you qualify on your own.**

● **If you are denied credit or your account is closed down, you must be notified within a reasonable time.** The lender must tell you why you have been turned down, if you ask, though the explanation need not be in writing. Consumer groups would like to have the reasons spelled out in writing.

● **The creditor must establish separate accounts for you and your spouse, if you apply for them and qualify individually.**

● **You may apply for credit using any legal name you like.**

● **After November 1, 1976, the record of any new accounts you share with your spouse (or for which you both are liable by contract) must be reported by credit bureaus in both your names.** On old accounts, you'll be given the choice by February 1, 1977, of how you want the account reported. Thus, married women can maintain their own credit history, and it won't be lost in case of divorce or widowhood. (Needless to say, it's important to make that history a credit-worthy one.)

**Some aspects** of the Equal Credit Opportunity Act may take time to iron out once they're put into practice. Whatever the results, you should concentrate on establishing your own good-credit identity now. Here are some protective steps:

● When you marry, keep some of your charge accounts in your maiden name to continue your credit record as an individual. Or change your last name on the accounts, but use your own first name ("Mary Doe" instead of "Mrs. John Doe").

● Open a checking or savings account in your own name. Then try for a few credit cards—department store accounts are often easiest to get—and be sure to pay all bills promptly. You might even take out a small bank loan, just to show your credit worthiness by paying the money back responsibly.

**FAIR CREDIT BILLING ACT**

This second new law is designed to protect you against inaccurate or unfair billing and credit card practices. Some highlights:

● **If you give the creditor written notice of a billing error within 60 days after you receive the bill, he must acknowledge your inquiry in writing within 30 days after he gets your letter.** (Send it registered, if you want to be sure.) And within two billing cycles—90 days at the most—he must either correct the bill and notify you, or send you a written explanation of why he does not agree.

● **During that inquiry period, the creditor may not take any other action to collect the money in dispute.**

● **Once the creditor has told you in writing that he disagrees with your claim, he must allow you the same number of days to pay as you would have been given for an undisputed bill.** Only then may he report the bill as delinquent to any third party, such as a credit bureau. (Don't forget, you now have the right to insert an explanation of such matters into your file at the credit bureau.)

● **Billing statements for open-end (revolving) accounts must be mailed at least 14 days prior to the due date.** Otherwise, the creditor cannot impose a finance charge.

● **When you overpay an open-end account, the amount must be credited right away to your account.** If it isn't, you can obtain a refund on request.

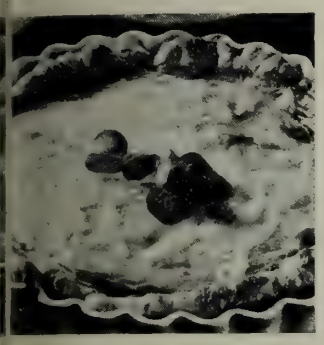
● **Under certain conditions, you may take up a dispute about a purchase made with a credit card directly with the credit card company—provided you first make a serious attempt to resolve matters with the merchant.** General guidelines (there are exceptions): The item must have cost more than $50; you must have bought it in your home state or within 100 miles of the address you gave for your card (see "holder in due course" explanation in the accompanying article). ■

## rt with zen patty lls

kage of patty shells from ozen foods counter holds s of good-eating possibili- or best results:

v the frozen patty shells, rosting them slowly over- n the refrigerator.

o the dough chilled to pre- rinkage and toughness. If ough does become warm you are working with it, it to the refrigerator.



**ER QUICHE**
**n patty shells**
**(2 ounces) shredded ess Swiss cheese**
**(2 ounces) shredded ere cheese**
**spoon all-purpose flour**
**ght cream**
**poon prepared mustard**
**poon worcestershire sauce**
**ottled hot pepper sauce**
**nce can lobster, drained flaked**

patty shells in refrigerator ght. Arrange shells in over- g circle; roll out on lightly l surface to a 12-inch cir- ome cutting and patching e necessary.) Trim. Let rest 5 minutes. Arrange ch pie plate or quiche pan, ng dough to edge. Chill 5 to 30 minutes.

together cheeses and flour; ide. Beat together eggs, mustard, ¼ teaspoon salt, stershire, and hot pepper set aside. Cover bottom of -lined pan with the lobster. ine egg and cheese mix- pour into pie shell. Bake in oven 20 to 25 minutes or ife inserted just off-center out clean. Garnish with of watercress, if desired. 6 servings.



Photographs: Dieter

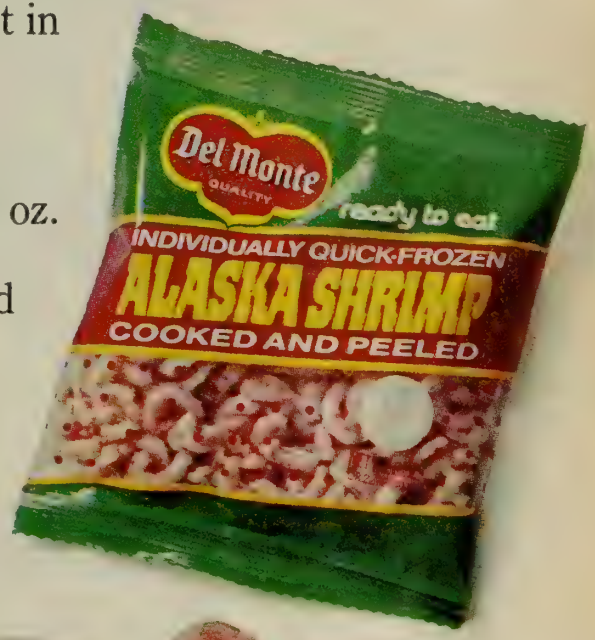
**RUFFLED FRANK ROLLS**
**1 5½-ounce package (16) cocktail frankfurters**
**Horseradish mustard**
**2 frozen patty shells, thawed**

Cut slits in franks lengthwise almost to opposite side. Spread cut surface with horseradish mustard. On a floured surface, roll each thawed patty shell into a 6-inch circle. Trim edge evenly to form a perfect circle. Starting at outer edge, cut each circle into a continuous spiral strip ¼ inch wide. Wind about ⅛ of the strip around a frank (about 5 times); seal ends. Repeat with remaining franks and patty shell strips. Place on foil-lined baking sheet. Bake in 425° oven 15 to 20 minutes. Makes 16 appetizers. ■


# THIS LITTLE SHRIMP MAKES SHORT WORK OF FESTIVE SPREADS.



From Alaska's icy waters comes a fantastic shrimp — tiny, pink, sweet and tender. Now Del Monte quick-freezes these little rascals individually — no block to thaw, no shells or waste. Use only what you need — in salads, omelettes, hors d'oeuvres, or shrimp cocktails — and keep the unused portion frozen right in the bag.




Spicy Shrimp Spread: Combine one 8 oz. package of cream cheese, 2 Tbsp. chopped onion, 2 Tbsp. sour cream, 1 Tbsp. creamed horseradish, ¼ tsp. salt, dash of pepper. Stir in 1 pkg. (8 oz., thawed) DEL MONTE Frozen Alaska Shrimp. Spoon into shallow oven-proof baking dish and bake 20 minutes at 375°F. Great hot or cold, as a spread, a dip, or even a stuffing for tomatoes! Versatile!



tiny

**NEW DEL MONTE FROZEN ALASKA SHRIMP.**

# Fresh mushroom recipes



**)UCHESS MUSHROOM PUFF**

- **medium baking potatoes, pared**
- **¼ cup milk**
- **egg**
- **tablespoon butter or margarine**
- **teaspoon salt**
- **¼ teaspoon baking powder**
- **½ cup chopped onion**
- **tablespoons butter or margarine**
- **ounces fresh mushrooms, sliced**
- **tablespoons snipped parsley**
- **¼ cup (1 ounce) shredded natural cheddar cheese**

Cook potatoes in boiling salted water till tender; drain. Turn into mixer bowl; beat till smooth. Add milk, egg, the 1 tablespoon butter or margarine, ¾ teaspoon of the salt, baking powder, and a dash pepper. Beat till fluffy. Cook onion in the remaining butter till tender but not brown. Add mushrooms and cook just till tender, about 3 minutes. Stir in parsley, the ¼ teaspoon salt, and a dash pepper. Line bottom and sides of greased 8-inch pie plate with 1½ cups of the mashed potatoes; top with mushroom mixture. Spoon the remaining mashed potatoes evenly over top, sealing edges. Bake in 400° oven for 15 to 18 minutes. Sprinkle cheese around edges; bake 2 minutes more. Garnish with whole mushrooms. Makes 6 servings.

Photographs: Dieter



**SHERRIED MUSHROOMS AND PEPPERS**

- **2 medium onions, cut in thin wedges (2 cups)**
- **3 tablespoons butter or margarine**
- **8 ounces fresh mushrooms, halved (3 cups)**
- **1 small green pepper, cut in ½-inch squares (½ cup)**
- **3 tablespoons dry sherry**
- **¾ teaspoon salt**

Cook onion in butter or margarine for 5 minutes. Add remaining ingredients. Cook and stir 3 to 5 minutes more, or till peppers are tender-crisp. Season to taste. Makes 4 to 6 servings. ■



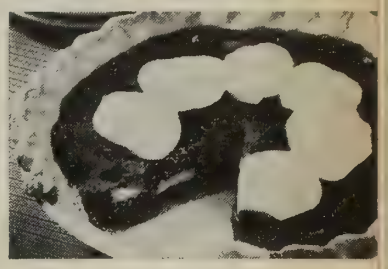

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# new wrinkles in prune desserts

**PRUNANA PIE**
*Make the pie ahead and chill—*

**1 cup prunes with pits (5 ounces)**
**1 cup water**
**¾ cup sugar**
**3 tablespoons cornstarch**
**Dash salt**
**2 teaspoons grated orange peel**
**1 baked 9-inch pastry shell**
**2 medium bananas, sliced**

In saucepan, combine prunes and water. Cover and simmer 15 minutes; cool to room temperature. Drain, reserving cookir liquid; add enough water equal 1½ cups liquid. Pit ar chop prunes. In saucepan, cor bine sugar, cornstarch, and sa stir in reserved prune liqui Cook and stir till mixture thic ens and bubbles. Remove fro heat; stir in chopped prunes ar orange peel. Cool. Spoon on third of the prune mixture in baked pastry shell; arrange *ha* the bananas atop. Repeat layer ending with prune mixture. Chi To serve, garnish with dollops whipped cream, if desired.



Photographs: Die



**PRUNE AND WALNUT DUMPLINGS**
*The noodle-like dough hides walnut-stuffed prune—*

**18 pitted prunes (8 ounces)**
**½ cup chopped walnuts**
**¼ cup sugar**
**1 teaspoon ground cinnamon**
**1 cup all-purpose flour**
**½ teaspoon salt**
**1 egg**
**¼ cup water**

Place prunes in 1-quart sauc pan; cover and cook till tend according to package directior Drain well. Combine walnu sugar, and cinnamon. Stuff pru cavities with *half* the nut mi ture; reserve remaining. Mea while, combine flour, salt, eg and water to make a soft but n sticky dough. Knead 3 to 5 mi utes on lightly floured surface t dough is smooth and elastic. R it out to 10-inch circle. Wi floured 2½-inch biscuit cutt cut 18 circles. (Reroll, if nece sary.) Wrap each circle around filled prune; pinch edges to se Add half of the dumplings at time to 4 cups rapidly boilir salted water. (Keep uncook dumplings covered with towel prevent drying.) Cook 7 to 8 mi utes; remove with slotted spo and drain on paper towelir Cover and keep warm wh cooking remaining dumplin To serve, place three dumplin on each serving plate; sprink with remaining nut-sugar m ture. Dollop with sour cream, desired. Makes 6 servings. ■




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# What we do for Coq au Vin

Peanut oil is the secret ingredient of gourmet dishes the world over. Because peanut oil brings out the natural flavor of foods cooked in it. And Planters® Oil is 100% pure peanut oil. See what it can do for Coq au Vin.

The recipe. Marinate one 2½ lb. frying chicken in ½ c. dry white wine at least 2 hours. Remove chicken and blot thoroughly using paper towels. Reserve marinade. Dredge chicken in ½ c. flour.

Heat 3 tbsp. Planters Peanut Oil in skillet. Add chicken and brown lightly. Remove chicken pieces. Add ½ c. diced salt pork, 8 small white onions, 4 thickly sliced carrots, 4 sliced scallions and 1 clove garlic, crushed; brown lightly. Reduce heat. Return chicken pieces to pan and blaze with ¼ c. warm cognac. Toss well; add ¼ c. chopped parsley, 1 tsp. salt and ½ tsp. pepper. Add wine and simmer, covered, for 40 minutes.

Add ½ lb. fresh button mushrooms and turn chicken pieces. Continue simmering until chicken is tender, about 20 minutes. Makes 4 servings.




# We also do for plain ole fried chicken

Whether you're cooking a fancy international recipe, or a simple everyday dish like fried chicken, use Planters Oil. It'll taste the way it was meant to. Because Planters Oil is the gourmet oil, that's not just for gourmet dishes.

The recipe. Combine ½ c. flour, 1 tsp. salt, ⅛ tsp. pepper; use to coat one 3-4 lb. frying chicken, cut in pieces. Heat ¾ c. Planters Oil in skillet over medium heat. Add chicken and brown. Add ¼ c. water; cover tightly and cook over low heat about 30 minutes or until tender. Uncover and cook 10 minutes longer to crisp skin. Makes 4-6 servings.

## Planters Oil makes cooking...cuisine.

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*Standard Brands*

## nemade p and bread

t to serve up a really satis- apper? Then here it is: a g bowl of hearty Borsch arm-from-the-oven Pum- el Bread.



Photographs: Dieter

**H**

*e beets just before serving don't bleach out—*

**ds beef shank**
**d boneless beef brisket,**
**n 1-inch pieces**
**ts water**
**espoon salt**
**oon pepper**
**shredded cabbage**
**chopped onion**
**unce can tomatoes, cut up**
**emon juice**
**snipped parsley**
**espoons sugar**
**es garlic, minced**
**oon paprika**
**eaf**
**unce can diced beets**
**our cream**

e beef shank and cubed in Dutch oven. Add wa- lt, and pepper. Bring to . Reduce heat; cover and 2 hours or till meat is al- tender. Remove beef . When meat is cool to handle, cut from dice meat. Skim excess fat. meat to broth; discard Add remaining ingredients beets and sour cream to Cover and simmer 1 hour Add *undrained* beets; heat h. Remove bay leaf. Sea- taste. To serve, top each with sour cream. Makes 4 servings.

**RNICKEL BREAD**
**ages active dry yeast**
**s water**
**s rye flour**
**¾ cups all-purpose**

**dark molasses**
**espoons shortening**
**espoon salt**
**espoon caraway seed**
**eal**

en yeast in 1½ cups warm 110°). Combine rye flour, of the all-purpose flour, olasses, shortening, salt, y seed, and softened yeast; ell. Stir in enough remain- ing all-purpose flour to make a stiff dough. Knead on lightly floured surface till smooth, 8 to 10 minutes. Shape into a ball. Place in greased bowl, turning once to grease surface. Cover; let rise till double, about 1½ hours. Punch down; divide in half. Cover; let rest 10 minutes. Shape into 2 balls. Place on greased baking sheet; sprinkle with cornmeal. Cover; let rise till double, about 30 minutes. Bake in 375° oven till well browned, 30 to 35 minutes. For a chewy crust, brush with warm water several times during last 10 to 15 minutes. Cool on rack. Makes 2 loaves.


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Child's Name _____ Birth Date _____ (Month) _____ (Day) _____ (Year)
Parent or Guardian Signature _____
Phone Number _____

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**Wheat Hearts.**

More wheat germ means more flavor.

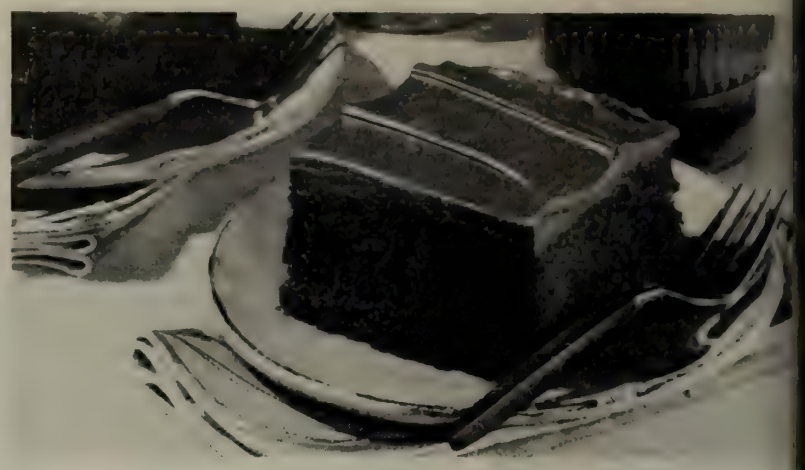





**PROJECT PLANS CATALOG**

Choose from 168 of our readers' favorite home carpentry plans. Contains pictures and description of each plan. Select the projects you want and order plans. No. 04214, $1. Better Homes and Gardens, Dept. 2AD, Box 374, Des Moines, Iowa 50336.


# Sweet and sour kraut



**SAUERKRAUT SURPRISE CAKE**

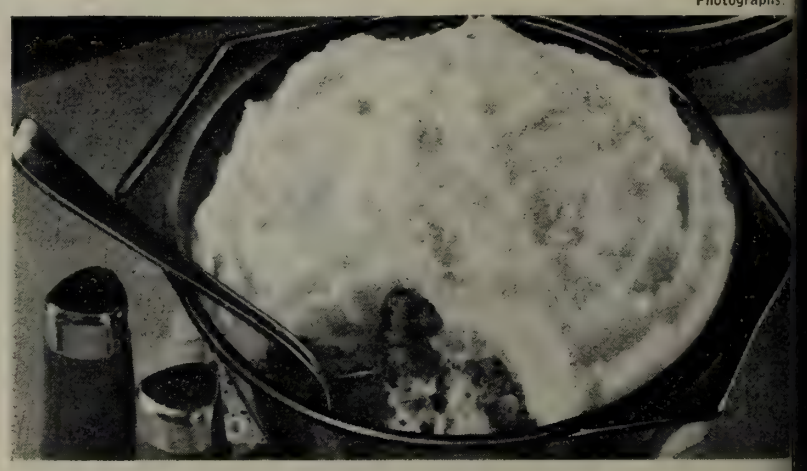
*Sauerkraut adds moistness and coconut-like texture—but no s flavor—to this fudge cake—*

**½ cup butter or margarine**
**1½ cups sugar**
**3 eggs**
**1 teaspoon vanilla**
**2 cups sifted all-purpose flour**
**1 teaspoon baking powder**
**1 teaspoon baking soda**
**¼ teaspoon salt**
**½ cup cocoa powder**
**1 cup water**
**1 8-ounce can (1 cup) sauerkraut, drained, rinsed, and finely snipped**

In large mixing bowl, cream butter or margarine and sugar light. Beat in eggs, one at a time; add vanilla. Sift together flo baking powder, soda, salt, and cocoa powder; add to cream mixture alternately with water, beating after each addition. S in sauerkraut. Turn into greased and floured 13x9x2-inch bak pan. Bake in 350° oven for 35 to 40 minutes. Cool in pan. Fr with Sour Cream-Chocolate Frosting. Cut in squares to serve.

*Sour Cream-Chocolate Frosting:* Melt one 6-ounce packa semisweet chocolate pieces and 4 tablespoons butter or margar over low heat. Remove from heat; blend in ½ cup dairy so cream, 1 teaspoon vanilla, and ¼ teaspoon salt. Gradually a sifted confectioners' sugar (2½ to 2¾ cups) to make spread consistency; beat well.

Photographs:



**SAUERKRAUT AND SAUSAGE BAKE**

**1½ pounds bulk pork sausage**
**1 28-ounce can sauerkraut, drained and snipped**
**1 tablespoon sliced green onion**
**Instant mashed potatoes (enough for 4 servings)**
**4 tablespoons grated parmesan cheese**

In skillet, brown sausage; drain. Combine sauerkraut and gr onion; place in bottom of 1½-quart casserole. Cover with s sage. Prepare mashed potatoes according to package directio stirring in *half* the cheese. Spread potato mixture atop sausa sprinkle on remaining cheese. Bake in 400° oven for 35 to minutes. Makes 6 servings.

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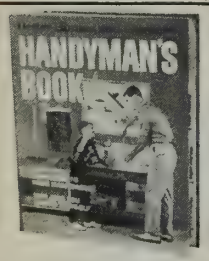
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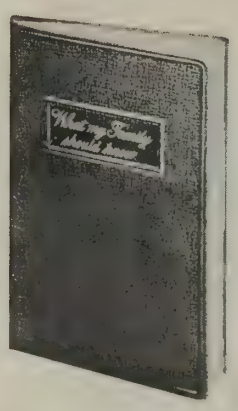
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   **Des Moines, Iowa 50336**
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# It's easy with pie filling

If you're using handy canned fruit fillings only for pie bak you're missing out on a world of convenience. You can ea turn that sweet, flavorful, fruit-filled mixture into a main d sauce, or salad—and here are the tasty recipes to prove it.



Photographs

**EASY CHICKEN CURRY**

*Canned pie filling makes this elegant dish a snap—*

- **2 2½- to 3-pound broiler-fryers, cut up**
- **Salt**
- **Pepper**
- **¼ cup cooking oil**
- **½ cup chopped onion**
- **2 tablespoons curry powder**
- **1 21-ounce can apple pie filli**
- **¾ cup tomato juice**
- **¼ cup raisins**
- **½ teaspoon salt**
- **1 5⅓-ounce can (⅔ cup) evaporated milk**
- **Hot cooked rice**

Season chicken with salt and pepper. In a 12-inch skillet, br half the chicken at a time in hot oil. Remove chicken from ski set aside. Add onion and curry to skillet; cook till onion is te but not brown. Cut apples in pie filling in small pieces; add pie fi to onion. Stir in tomato juice, raisins, and the ½ teaspoon salt. turn chicken to skillet. Cook, covered, over low heat till chicke tender, about 40 minutes. Remove chicken to platter; keep w Add milk to apple mixture; bring just to boiling. Serve sauce chicken and rice. Makes 8 servings.



**SPEEDY RAISIN HAM SAUCE**

*In the time it takes to slice the ham, you can simmer up this tangy, sweet raisin sauce—*

- **½ cup packed brown sugar**
- **½ teaspoon dry mustard**
- **¼ teaspoon ground ginger**
- **1 22-ounce can raisin pie filling**
- **2 tablespoons lemon juice**
- **2 tablespoons water**
- **Sliced cooked ham**

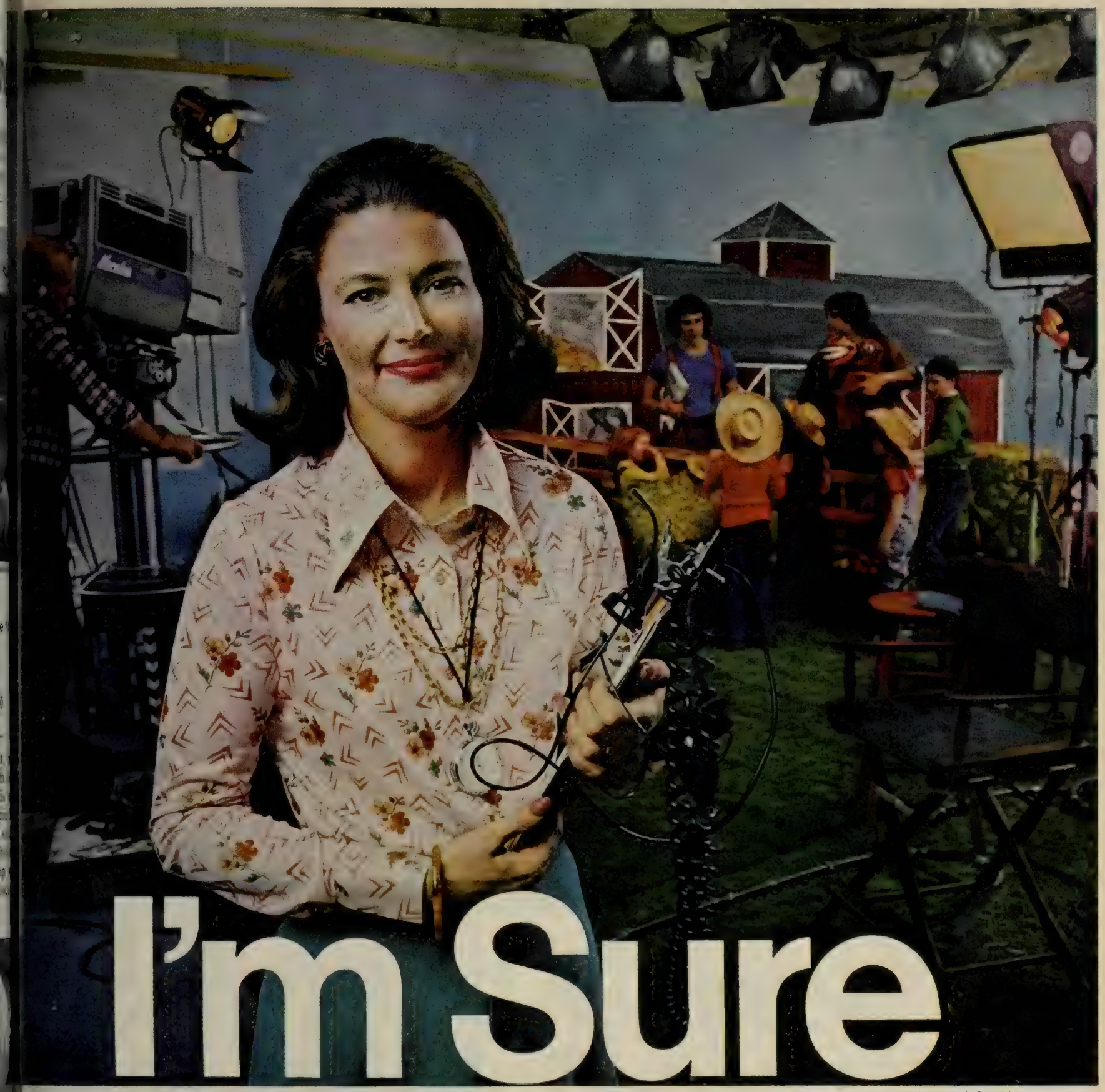
In saucepan, blend sugar, mustard, and ginger. Stir in pie filling, lemon juice, and water. Bring to boiling. Simmer, covered, 5 minutes. Serve over ham. Garnish with carrot curls, if desired. Makes 2½ cups sauce.



**FROZEN STRAWBERRY BANANA SALAD**

- **1 21-ounce can strawberry pie filling**
- **1 pint vanilla ice cream, softened**
- **1 tablespoon lemon juice**
- **3 medium bananas, chopped**
- **¼ cup coarsely chopped toasted almonds**

Stir together pie filling, cream, and lemon juice. St bananas and nuts. Turn in individual molds. Freeze several hours or overnight. I in refrigerator 15 minutes be serving. Unmold onto let lined plates. Makes 8 serving



# I'm Sure

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# Will you sponsor a child like Raimundo?



Raimundo lives in Brazil and was eight years old when we took his picture. His home is a two room shack made of mud and sticks. He shares the house with his mother, a grandmother, two brothers and three sisters.

His father has left the family and can contribute only pennies a day to help support the children. Raimundo's mother is unskilled and must take in washing to earn a little money to help care for her youngsters.

A shy but affectionate little boy, Raimundo is unusual since only he and two other children in the family are interested in school. But Raimundo *wants* to learn and all he needs is a chance—help with textbooks, suitable clothing, school fees — more nourishing food — medical care . . .

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Just fill in the coupon at the bottom of the page, indicating the sex and country of the child you'd like to sponsor. Send it to us along with your first monthly payment of $15.

Then, in about two weeks, you'll receive a Personal Sponsor Folder of the child assigned to you, with the child's photo, name and mailing address, so you can exchange correspondence. You will also receive instructions on how to write your sponsored child, as well as a description of the project where the youngster is assisted.

Please, let today be the day you begin to develop a person-to-person relationship with a child who needs your love. Thanks so much.

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Member of International Union for Child Welfare, Geneva. Gifts are tax deductible. Canadians: Write 1407 Yonge, Toronto 7.

BH3010

# How to make your kitchen unique



No one claims a kitchen has to be attractive to work well, pleasant atmosphere does lift your spirits. If your kitchen as if it could belong to anybody, try adding your pe touches. A choice shadow box collection, mounted dried v and other memorabilia turn this buffet/serving center into a pleasing art wall. Brick-patterned wall covering provid earthy background for the treasures. The counters are ma marble-like plastic laminate.

Photographs: Hedrich-Blessing. Interior designer: J. J. Potter, A.I.D. Source: Jes



Although not essential in a kitchen plan, a desk is a practica tion. Who couldn't use a place set aside for recipe studying, keeping, telephoning? Built into a window niche in an older this handy desk is fitted with little drawers for writing s and one deep drawer for file folders. The desk is metal smart wood-grain finish, to match the kitchen cabinets. Th seat chair can be used at the desk or family dining table.



# Grilled Cheese Recipe Secret.

## Give any grilled cheese heartier flavor your whole family will love.

Just add Ortega® green chiles whenever you make a grilled cheese sandwich. Chiles and cheese have long been the basic ingredients in many Mexican specialties. Now they become partners in improving an American classic.

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GREEN CHILE
GRILLED CHEESE SANDWICH

- 3 tbs. softened butter or margarine
- 8 slices white bread
- 8 slices American cheese
- 1 4 oz. can Ortega Whole Green Chiles

Butter one side of four slices of bread. On unbuttered side, place one cheese slice, one whole chile which has been slit, seeded and opened flat, then another cheese slice. Top with remaining slice of bread. Butter top of bread. Grill sandwiches on both sides over medium heat until golden. Serve at once. Serves 4.




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# For special tuna dishes, start fresh with Real Mayonnaise.

## Thank goodness for BEST FOODS®



**TUNA TACOS**

BEST FOODS makes this hearty filling delicious.

- 2 cans (7 oz each) tuna, drained and flaked
- 1/2 cup BEST FOODS Real Mayonnaise
- 1/4 cup minced onion
- 1 package (5 oz) taco shells
- 2 cups coarsely shredded cheese (8 oz)
- 2 cups finely shredded lettuce
- 1 1/2 cups chopped drained tomato

Stir together first three ingredients. Set aside. Arrange taco shells upright in 13 x 9 x 2-inch baking pan. Sprinkle about 2 rounded tablespoons cheese in bottom of each shell. Heat in 350°F oven 5 minutes or until cheese is melted. Remove from oven. Spread about 2 tablespoons tuna mixture on top of cheese. Sprinkle with lettuce and tomato. Serves 6.



**BAKED TUNA AND NOODLES**

It takes BEST FOODS to make a supper this easy.

- 1 tablespoon NUCOA® Margarine
- 1/4 cup finely chopped onion
- 1/4 cup finely chopped green pepper
- 1 can (4 oz) mushrooms, drained or 8 oz fresh mushrooms, sliced
- 2 cans (7 oz each) tuna, drained and flaked
- 1 medium tomato, peeled, chopped and drained
- 1 tablespoon lemon juice
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 3/4 cup BEST FOODS Real Mayonnaise
- 1 package (8 oz) noodles, cooked
- 1/2 cup coarsely shredded Cheddar cheese

In small skillet, melt margarine over medium heat. Saute onion, green pepper and mushrooms stirring frequently, until tender, about 5 minutes. Stir together with next 6 ingredients. Add noodles, mixing well. Turn into greased 2-quart casserole. Top with cheese. Bake uncovered in 400°F oven 20 minutes or until heated and cheese is melted. Serves 6.



**TUNA BURGERS**

Whole-egg BEST FOODS helps hold the patties together.

- 2 cans (6 1/2 oz each) chunk light tuna, drained and flaked
- 1/2 cup finely chopped celery
- 1/3 cup BEST FOODS Real Mayonnaise
- 2 tablespoons minced onion
- 2 tablespoons chili sauce
- 1 teaspoon lemon juice
- 1/4 cup seasoned fine dry bread crumbs
- 2 tablespoons MAZOLA® Corn Oil
- 4 rolls, split lengthwise
- Cole slaw

Stir together first 6 ingredients; shape mixture into 4 patties. Coat with bread crumbs. In skillet heat corn oil over medium heat. Add patties and fry about 5 minutes, turning to brown both sides. Serve on rolls with your favorite cole slaw. Serves 4.

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*Ann Lively*

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### Adjustable plant stand



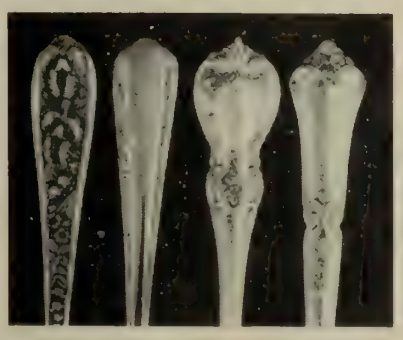
Add elegance to your potted plants. Sturdy wrought iron finish stand adjusts to fit 8″ - 14″ pots. Buy two and replace them either way on curly metal feet for that high-low effect. Graceful design blends with any decor. $4.98 + $1 post. Holiday Imports, Dept. 401-M, Wheat Ridge, Colorado 80033.

### Ski Pers—stores skis neatly



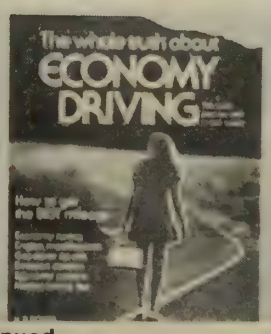
Easily mounted on the wall; made of high impact carefree plastic for ease of use. Specify green, orange, yellow or red. A really great gift idea. 9″ high x 7¼″ wide x 4″ deep, $3 postpaid. Order Style Q-218, order from Spear Engineering, Box 28, Dept. 3095, Colorado Springs, Colorado 80933.

### Silverware patterns available



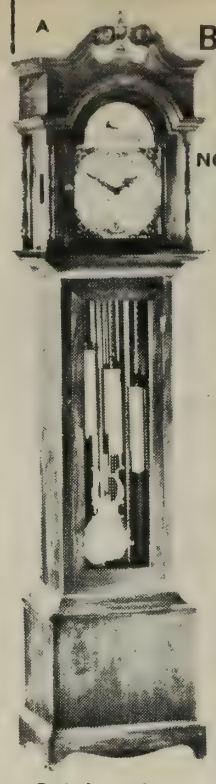
Discontinued patterns at 40-75% off manufacturer's suggested price; active, inactive and obsolete patterns; re-place pieces. Send photo, drawing, tracing of mfg's name and a list of pieces wanted. Also, sell or trade. Free: Walter Drake Silver Exchange, BH-52, Drake Bldg., Colorado Springs, CO 80940.

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You'll learn tuning tips and engine modifications to extract maximum mileage from every drop of gas. Rip-off economy gadgets exposed; truckers' secrets to help you get low-cost transportation for less money. $5 ppd. 160 pgs. H. P. Books, Dept. BHG1, Box 5367, Tucson, Arizona 85703.

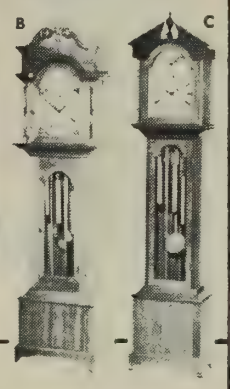
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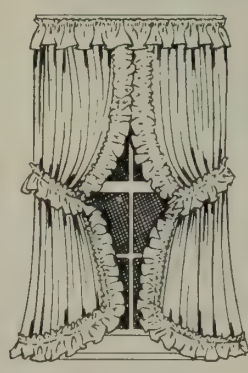
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**LILLIAN VERNON**
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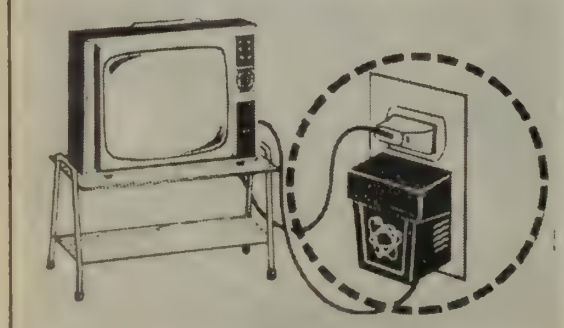
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24", 30", 36" long...**7.00** pr.
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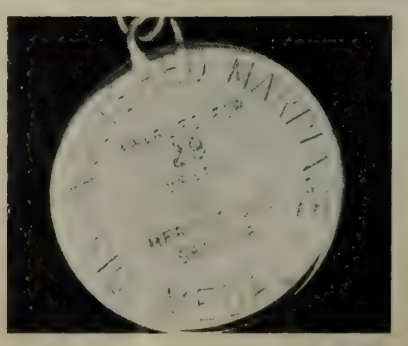
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A planting clock designed for pee's 100th anniversary. Tells glance phases of the moon, first last frost; when to plant 24 varie of vegetable seeds accordin your climate. All electric guaran 1 yr. $49.95, ppd. Order from Atlee Burpee Co., 9206 Bur Bldg., Warminster, PA 18974.



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# New! Custom-Made Pants Patterns

## Cut it... Sew it... Wear it!

Exciting offer for Better Homes and Gardens readers

### Made to your exact measurements

We have taken home sewing patterns one important and exciting step further. Surefit patterns are drawn by computer exactly to your measurements... inch by inch... so you are *always guaranteed a perfect fit.* All you do is send us your measurements along with your pattern selections and our computer does the rest. Your Surefit pants pattern will be an exact replica of your own figure.

### Needs no adjusting

Goodbye to droopy seats, baggy hips and crotch fits that don't. With these Surefit custom-made pants patterns you'll get a *perfect fit automatically,* every time you sew without ever adjusting the pattern. In fact, Surefit patterns are so easy to use that even a beginner will get a custom-made look in pants...where perfect fit matters most.

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Surefit patterns are drawn for you on durable, see-thru plastic that you can *use over and over again.* And, because they're transparent, you can match stripes, plaids and prints before you cut.

### Guaranteed perfect fit

Order your pants pattern now. When it arrives, pick your fabric, then just *cut it out... sew it up... and wear it.* It's as easy as that. And you'll be amazed at the fit. In fact, if you're not delighted, tell us. We'll refund your money. No questions asked. Discover for yourself how easy it is to have custom-made pants...when you start with a custom-made pattern.

**Surefit™ PATTERNS**
**"it's your fit"**
River Edge, New Jersey 07661

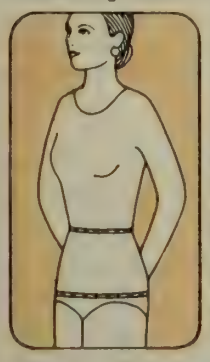


**6017—For Silky Knits**
Dress up for that special day or night with these new *Slickfit* pants with the unique "barely visible" elastic waist and soft flowing wide leg. . . . . $5.95

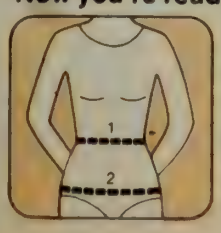
**6015—For Double Knits**
Perfect every day of the week. These *Slickfit* pants also have our special "barely visible" elastic waist—Classic wide straight leg. . . $5.95

## Here's how to take your measurements

Follow this simple step-by-step chart. You'll need someone to help you with the measuring. Record your measurements (to the nearest ⅛") on the coupon order form. Before starting, remove outer clothing. Wear the under garments you usually wear. Stand straight and tall. Tie a string snugly around your waist. Tie another string around the fullest part of your body below the waist.

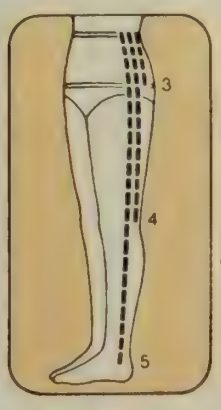


### Now you're ready to begin




**1 WAIST** Measure around the string at waist. Snug, but not too tight.

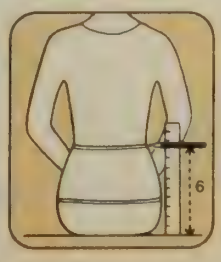
**2 HIPS** Measure around the string at hips. Snug, but not too tight.




**3 HIP LEVEL** Measure distance from waist string to hip string along side of body

**4 WAIST to KNEE** Measure along side of body from waist string to point directly in line with middle of knee cap

**5 WAIST to ANKLE** Measure from waist string along side of body to ankle bone. (This determines ankle position only. Your correct fashion length will be added to this measurement.)




**6 SEATED CROTCH MEASUREMENT** Sit erect on hard flat surface. Hold a ruler straight up from surface at side of body. Place a pencil at right angle to ruler at waist string and record measurement where ruler and pencil meet.

**Surefit Patterns • Dept. BHG-5**
**River Edge, New Jersey 07661**

Please send my custom-made pants pattern(s) in the style(s) I have indicated below. I understand that if they do not provide me with a perfect fit, or, if I am not satisfied in any other way, my money will be cheerfully refunded.

**Here are my measurements:**

1____ 2____ 3____ 4____ 5____ 6____

**Pattern selection:**

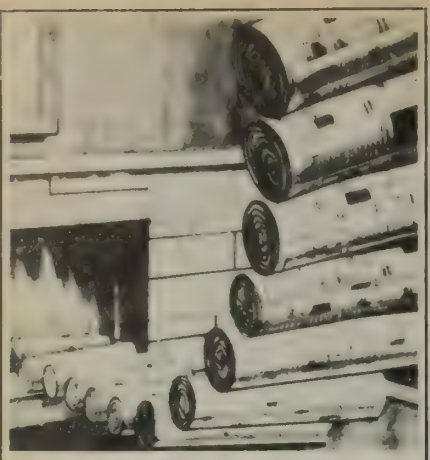
☐ **6017**— $5.95 plus 75¢ postage & handling .....TOTAL **$6.70**
☐ **6015**— $5.95 plus 75¢ postage & handling .....TOTAL **$6.70**
☐ **8008— Special Savings**— Both patterns (6017 & 6015) for one set of measurements only—$8.95 plus 75¢ post & handl...TOTAL **$9.70**

**Type of payment:** (Sorry no C.O.D.'s)
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Bill to my: ☐ Master Charge ☐ BankAmericard
Card #_____ Exp. Date____

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## BATH READER

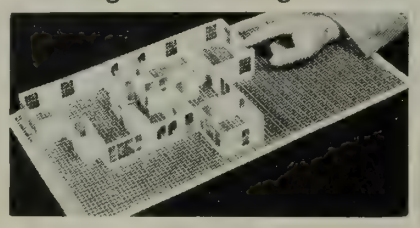
Read in the bathroom? Sure—who doesn't But wayward magazines can fast add up to clutter — and who wants to read soggy issues, wrinkled beyond use. Keep them here—all organized, upright, wrinkle-free, dry, readable & findable. In our big triple rack for the wall. Holds about 10 issues from *Vogue* to *Yankee*. And 2 handy rolls of bathroom tissue right at your fingertips. Solid pine, 11¾" W, 18"H, 4½"D, in Antique Pine finish. A bargain, really at just

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**—Building or Remodeling A Home?—**



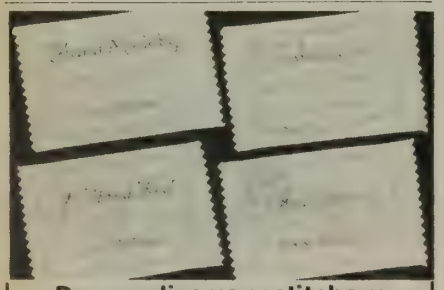
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Plan ahead, see how layout will look before you build or remodel. Here's everything you should have and know to help save many dollars. Dozens of windows, kitchen cabinets, doors, fiber partitions, etc. at ¼ scale. Put your home ideas in 3-dimensional form. Arrange furniture fixtures to fit your scheme. Build, dismantle and originate any number of floor plans. Live in your new or remodeled home before you actually build. Kit also includes 65 page book to help estimate actual costs, financing, etc. Only $4.75 plus 50¢ pp and hdlg., two for $8.95 plus $1.00 pp & hdlg.

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1864 E. U.S.-23, East Tawas, Mich. 48730



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Your creations deserve the stylish finishing of these rayon taffeta labels; sew into dresses, knitted items, etc. Background is eggshell with harmonizing brown and red trim. Name imprinted to match. Specify choice of label and your name (print clearly).

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## JUST "ETC"!

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That's all! The message is vague, but the look is most definite—and the effect really tickles our fancy! Natural wood, carved and richly stained to enhance the grain—stunning accent to any wall grouping, exciting decor on its own. About 11½"x6½" high.

8303—Etc. Sign ..... $3.98

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LILLIAN VERNON Dept. H19, 510 S. Fulton Ave., Mt. Vernon, N.Y. 10550



## Jumbo ball fringe curtain

In no-iron 50% polyester, 50% ton muslin, extra-wide 90" p Natural or White. 24", 30", 36" long, $6.50; 45", 54", 63" $9 pr 81", 90", $11 pr. Tiebacks $ Valance $3 plus $1.50 postage der from Colonial Maid Cur Dept. BH-1, Lawn Terrace, Ma neck Village, NY 10543.




## Quick way to shorthand

Four complete lessons teach the abbreviated symbols use speed up dictation and note-ta Easy course is ideal for stud career women, club secretaries vised book includes lessons & tice handbook. $2.95 + 60¢ J. W. Holst, Inc., BH-16, 18 US-23, East Tawas, MI 48730.



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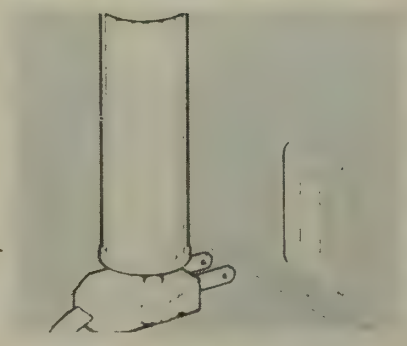
## Handy plant nursemaids

Use the amazing wicks to fee the right amount of water for 8 weeks. Insert one end of the in soil, the other end in water. worry about thirsty plants wher trip. Will not rot or mildew. S 4/$2.98 + 25¢ post. Anthony E prises, Dept. BHG-16, 556 sion, San Francisco, CA 9410



## Commuter coffee cup

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## Indoor TV antenna

You'll get every station in without costly installation or "rabbit ears." Clever device into any wall outlet and stay of sight. Uses household wiri antenna. You'll get sharper pi and sound. $2.49 + 35¢ post day Gifts, Dept. 401-P, Wheat Colorado 80033.



## Owl magnifier pendant

A piece of jewelry plus a di way to read menus, etc. A gold finish with emerald eyes handsome twist chain. A love cessory on all your clothes. No awkward reach for glasses. lens. 29" chain. $2.98 + 35¢ Harriet Carter, Dept. BHG- Plymouth Meeting, PA 19462

# I HAVE HELPED ALL THESE PEOPLE LOSE WEIGHT

# AND, I BELIEVE I CAN HELP YOU, TOO

My name is Paul Michael. Almost very day my mailbox is filled with tters from men and women just like ou. I've helped them lose weight with ıy personal "Paul Michael Weight-oss Plan."

I sent these people my plan — a uaranteed way to lose weight so fast ıeir friends thought they looked like new person.

Before I go on, I'd like to tell you ıat I'm not a doctor or a scientist or nything like that.

I'm a businessman. A short time go, I was a FAT businessman. Not nymore.

I still don't look like a movie star, ut finally after years of being over-eight, I am now SLIM. It's onderful.

I had tried everything I could find to se weight but nothing worked for e. Then, I figured out my own Plan.

It worked. I lost over 90 pounds. ust look at my "before" and "after" napshots.

And, perhaps most important of all, nce last December over 100,000 men nd women have used my "Paul lichael Weight-Loss Plan." Here are st a few of the happy letters I have ceived.

## "I LOST 21 POUNDS"

• "I feel I can call you Paul as I nsider you my friend. I received our weight-loss plan . . . started on it ne next day. Now for the good news — have lost 21 pounds in 21 days. . . ." – *Betty Reynolds, Ft. Myers, Florida.*

• "In five days I lost seven pounds! can even see the difference in the irror and my husband noticed my othes are getting looser. . . ." – *Patricia Le Blanc, Washington, ennsylvania.*

## "NEVER HUNGRY"

• "I have lost 11 pounds now in just 0 days and never a hungry moment. Better yet, no desire for sweets and feel satisfied at all times. . ." — *Mrs. Roger Carey, Dallas, Pennsylvania.*

• "I lost 10 pounds in seven days. I do not go hungry. In fact, I don't want near as much food as before. So far your plan is working nicely. . . ." — *R. D. Linard, Scio, Ohio.*

• "The first week I lost seven pounds, and I have continued to lose at a rapid pace. . . . I have no bad effects from the rapid weight loss; in fact, I've had a few fringe benefits. My skin is clearer than ever, and for the first time in my life I have fingernails. . . ." — *Patricia Kayton, Milwaukie, Oregon.*

## "I LOST 16 POUNDS"

• "I have been so busy losing weight that I neglected to write. I have lost 16 pounds in three weeks. I am so excited about this diet. I have tried lots of diets, and none worked as well as the Paul Michael Diet." — *Mrs. Thelma Hurd, Kimberling City, Missouri.*

• "I started on your diet on June 27, and in one week. . . . had lost 11 pounds . . . I've bought almost $100 worth of books and magazines, and none of them worked this well. It's the greatest thing that's ever happened to me. It has put me on the right road to success." — *Mrs. Oliva W. Perreault, Biddeford, Maine.*

• "Thank you for coming up with the ideal dream . . . Thanks to your plan I have lost six and one-half pounds in less than two weeks. . . ." — *Gertie M. Stewart, Dayton, Ohio.*

• "I congratulate you on your fine diet plan. I think it is just wonderful. It's everything you said. . . . My boyfriend got worried because of the quick weight loss. He thought I wasn't eating. . . . I have lost 11 pounds and feel good." — *Eileen Diffendale, Rockaway Point, New York.*

## "I'M SO HAPPY"

• "I'm so happy with the 'Paul Michael Weight Loss Plan.' I lost 13 pounds in 10 days." — *Mrs. Ben C. Fisher, Eugene, Oregon.*

• "I have lost six pounds now. Your diet plan sure did surprise me as to the results. Thanks so much." — *Mrs. Connie Blackwell, Lewiston, Idaho.*

• "I am writing to tell you that I lost five pounds the first week I was on your diet. It is by far the best diet I have ever tried. With this diet, you don't have to go hungry. I am so thankful you came up with the idea." — *Mrs. Bernice Gooden, Bowling Green, Kentucky.*

## "I LOST 19 POUNDS"

• "I've tried a lot of diet books, but yours is the only one that ever did any good. When I got it about a month ago, I weighed 149 pounds and now I weigh 130 pounds . . ." — *E. I. Dickie, Comanche, Texas.*

• "After I was on the 'Paul Michael Weight-Loss Plan' just nine days, I lost 13 pounds. Most of all I want to thank you for giving me the confidence to believe it can be done. That's more than half the battle to me." — *Debbie Helmich, Vicksburg, Mississippi.*

## "LIKE MAGIC

• "I feel guilty over having paid only ten dollars for your 'Paul Michael Weight-Loss Plan.' It is worth many times the price. . . . Like magic I lost 10 pounds in about 11 days. I spend two weeks out of every month traveling; and while on the road, I try to maintain the adjustments, and I lost another 10 pounds. You have a convert. I have now reached a steady weight loss." — *William P. Pe'Vey, San Antonio, Texas.*

• "After just two days on your weight-loss plan, I have lost my appetite. . . . which really surprised me to say the least. I thought I'd lose weight, but not my appetite. So, I am twice as pleased. Also, I have lost a pound each day. I thank the Lord I got hold of this diet." — *Dixie Weaver, Mesquite, Texas.*

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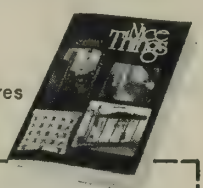
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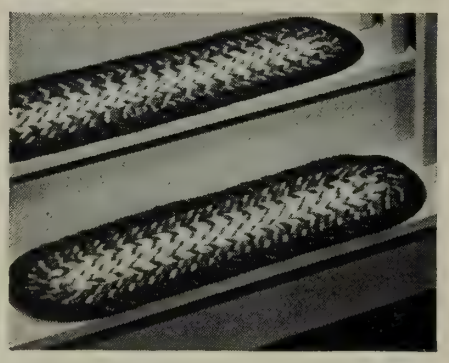
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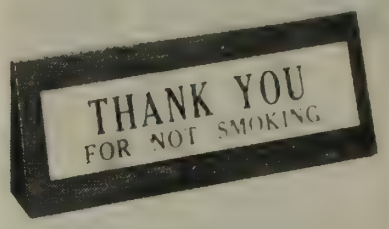
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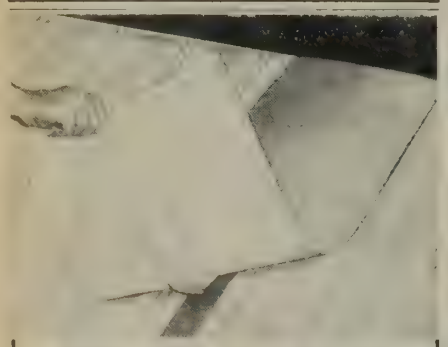
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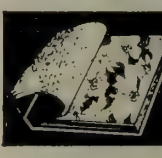
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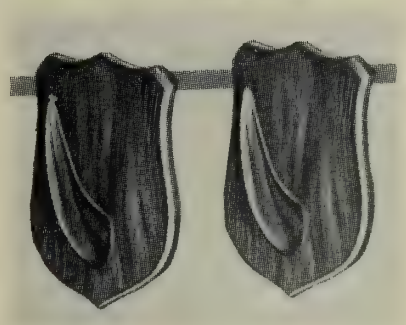
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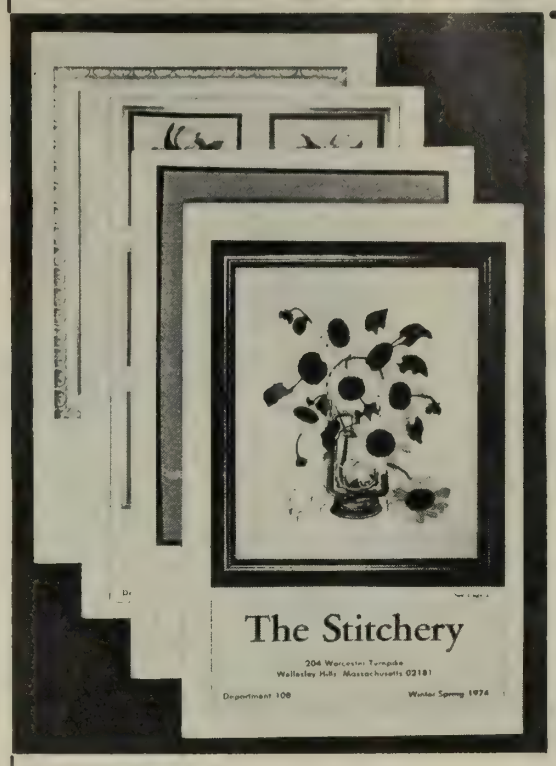
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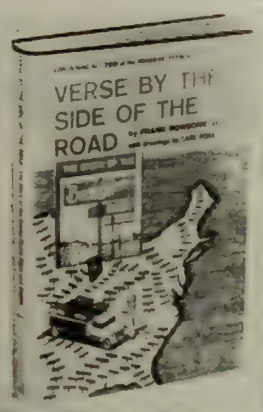
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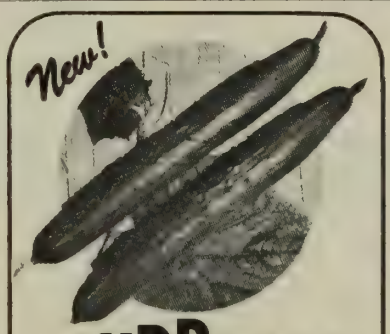
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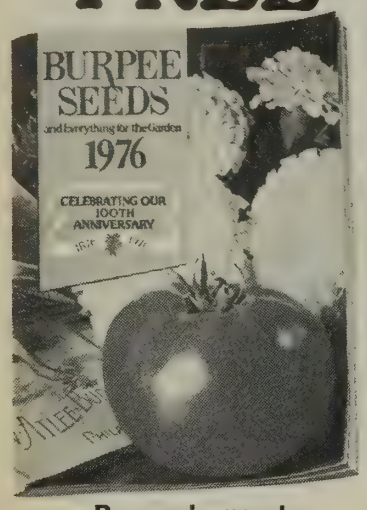
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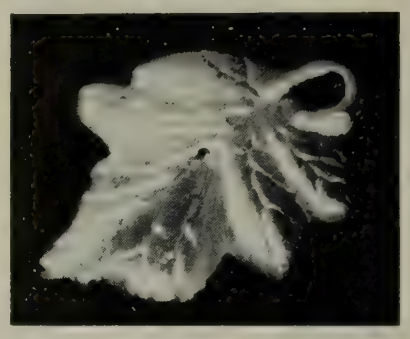
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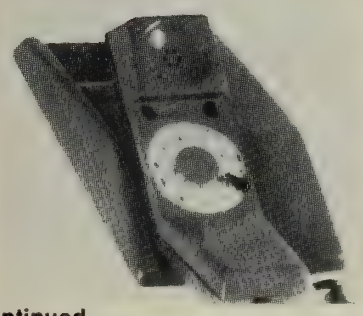
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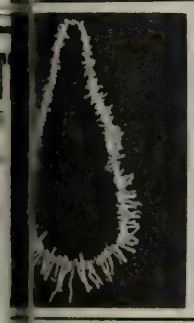


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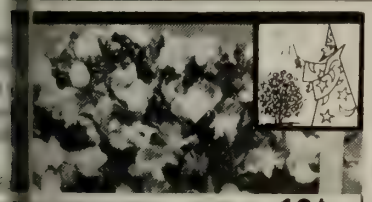


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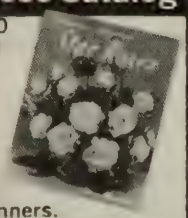
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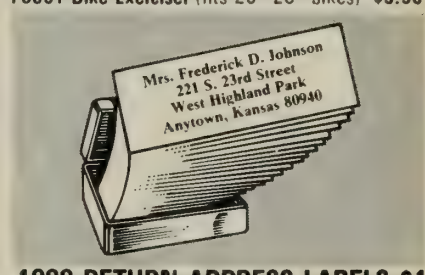
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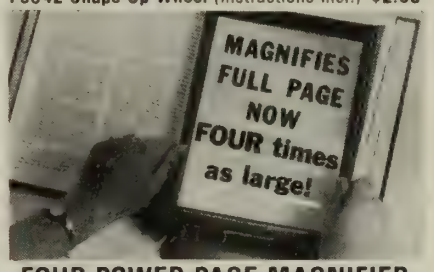
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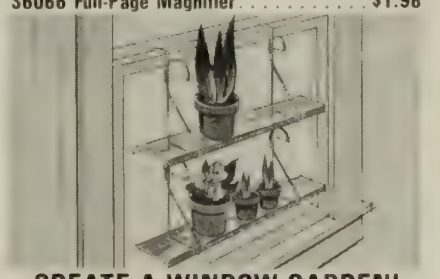

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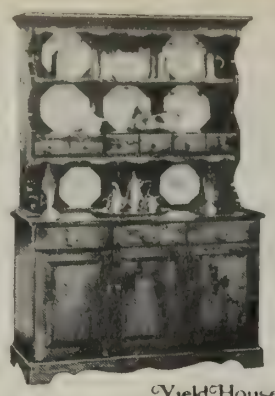
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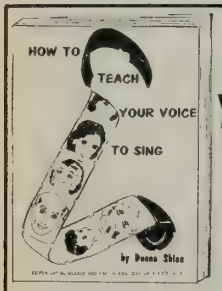
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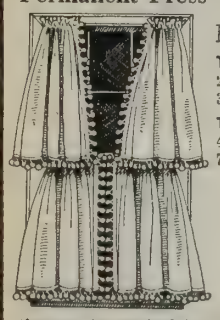
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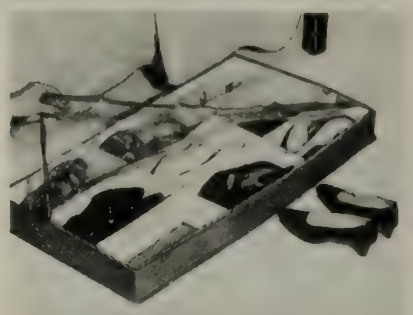


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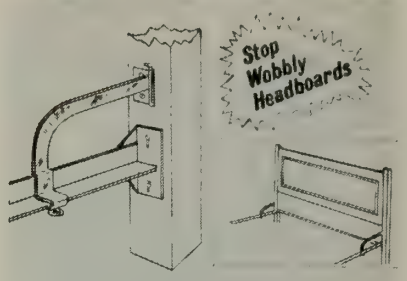
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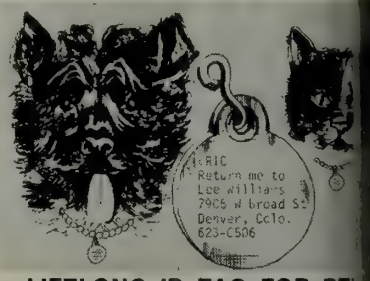
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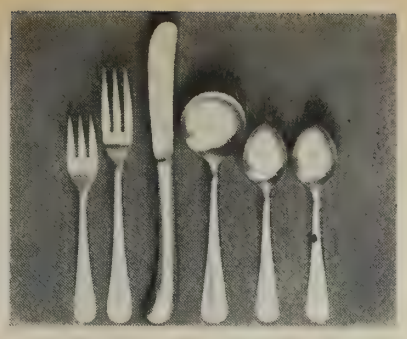
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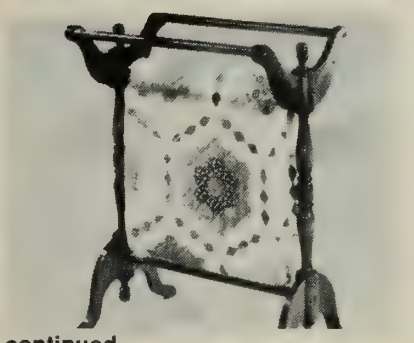
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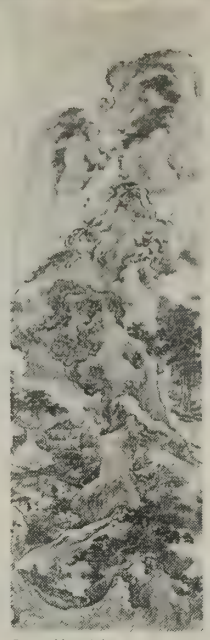
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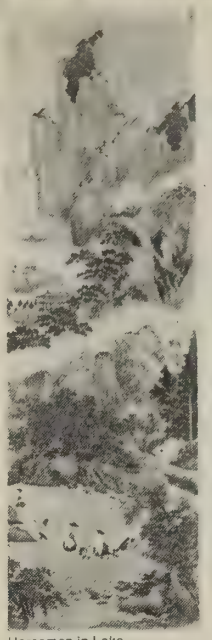
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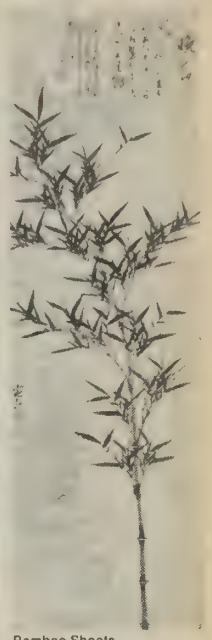
Green Mountain
30" x 11⅝"
Yuan Yao
Museum Fur Kunst
und Gowerbs-Hamburg



Birds
29" x 8¾"
Wang Yuan
John Harron
Art Institute-Indianapolis



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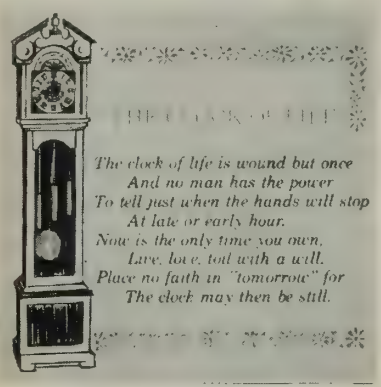
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*Now is the only time you own,*
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*Place no faith in "tomorrow" for*
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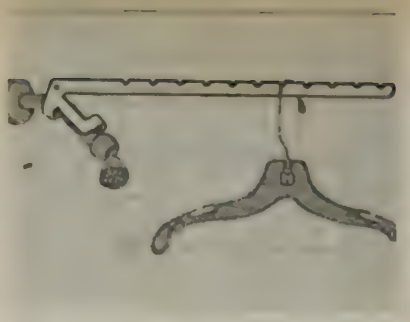
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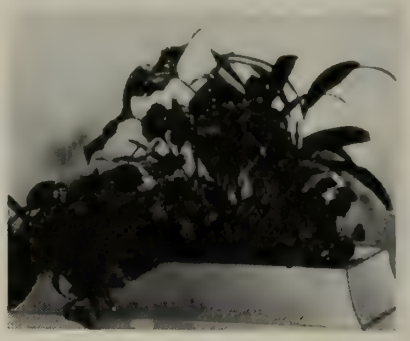
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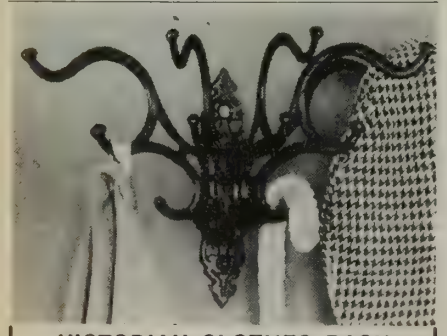
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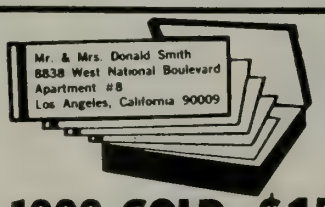
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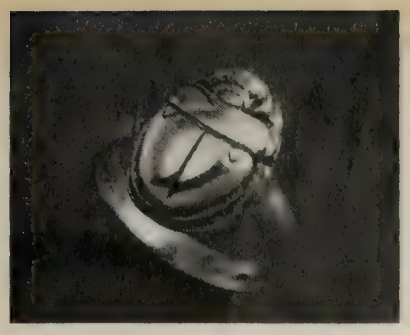
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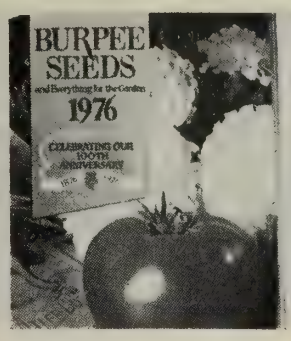
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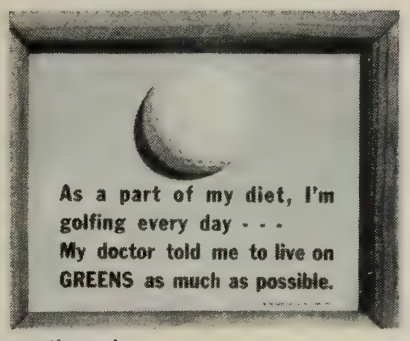
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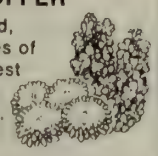
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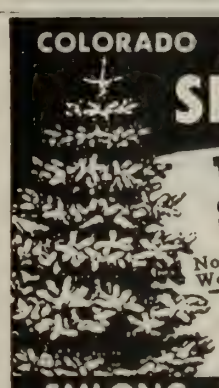


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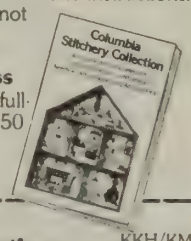


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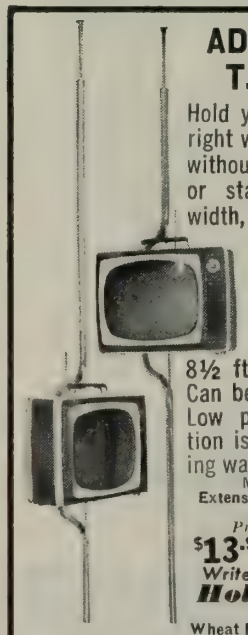
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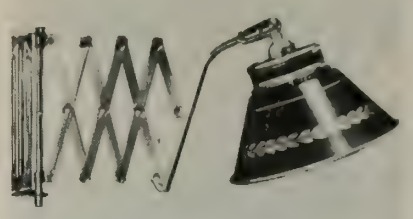
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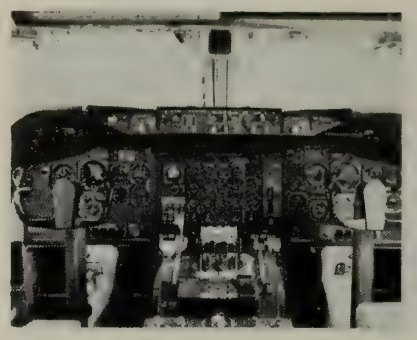
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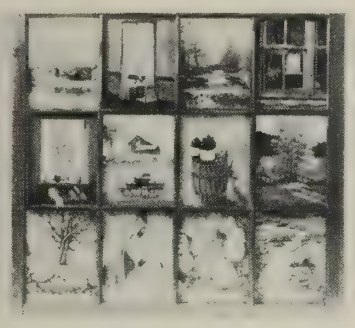
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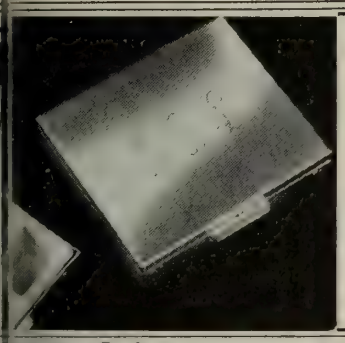


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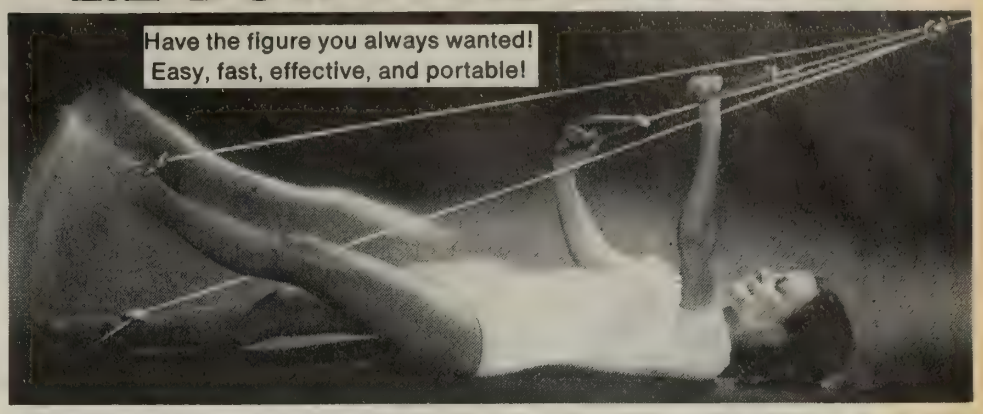
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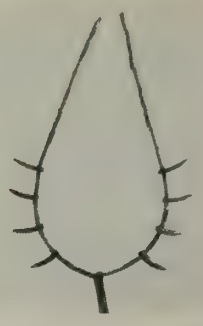

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Purple Martins will help fight this
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Big solid, scarlet
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# EARLY TOMATO

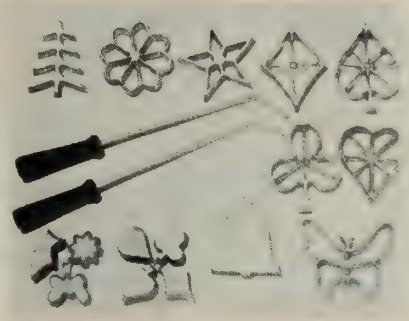
An extremely early tomato, WAYAHEAD, ripening big, red tomatoes by July 4th, has been developed at Jung Farms in Wis. Send only 10c for a trial pkt. to the *Jung Seed Co., Box 81, Randolph, Wis. 53956.* They will include a pkt. of Super Giant Zinnias plus a copy of America's most colorful seed, nursery catalog. Offer unavailable in western states.

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ft leather, cushioned in- d ⅝" heels; made for ex- mfort. In sizes 4 through 12, medium or wide widths. Black, Camel or Gold. $12.95 postage. Sizes over 10 $1 Order "Mandy". Sofwear ept. BH-1, 1711 Main, Hous- as 77002.

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d irons, fitted to handles, ed from batter to fryer to crispy, thin delicacy which led with powdered sugar. 3" molds, 7 sm. molds, 2 of handles, recipes & instr. 85¢ post. Catalog 25¢. Inc., Dept. 761, 366 St. Paul, Minn. 55101.

### ski & pole rack



your sportsgear where it e. Upright, organized, dam- varp-free. Pegged to secure- pair skiis and poles. Pine & d, 32"Lx5½"Wx4½"D. Fin- antique pine $9.95. Unfin- you to paint or stain etc. $2 post. ea. Yield House, 1L, No. Conway, NH 03860.

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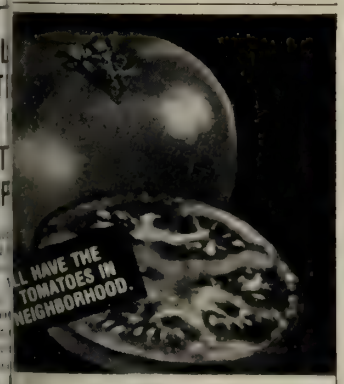


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are fast growers, big producers, to smooth crimson fruit that's ideal . salads, and canning. Just 68 days nt to table. Order from Gurney Seed ry Co., 308 Page St., Yankton, kota 57078. Limit 1 packet.




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*MONEY BACK GUARANTEE*



## Play Guitar in 7 Days

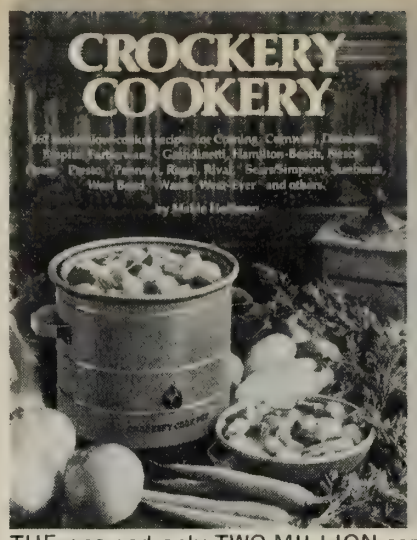
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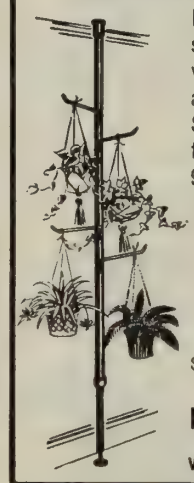
Just send your name and address. On delivery pay postman $3.98 plus C.O.D. postage. Or send $3.98 plus 50c shipping and handling charges with order to save C.O.D. costs. Money back Guarantee.

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Floor-to-ceiling plant stand fills a corner with flowers, makes a good room divider. Spring loaded pole fits ceilings up to 9'4" high, is easily assembled and installed in minutes. Four 8" arms swivel and adjust up or down.

Plant Pole **$12.98**
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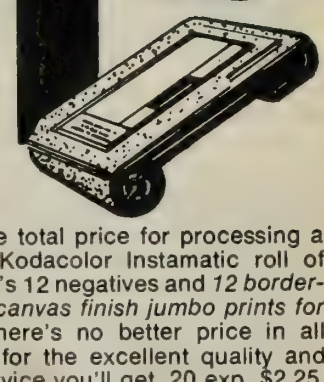
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| 7¼" | $2.98 | 8¼" | $3.98 |
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Add 60¢ Post. & Hdlg. Each
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Satisfaction guaranteed.

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| Rack | 28"H 24"W 3½"D | $27.95 Ppd. |
| Table | 23"H 16"W 21"D | $32.95 Ppd. |

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Easy 1-hour assembly. Pre-cut, pre-sanded. Ready to stain or paint.

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**SPRING HILL  PARK SEED  KELLY BROS.**

## Now with one easy step get 3 beautiful 1976 catalogs from 3 famous nursery and seed companies

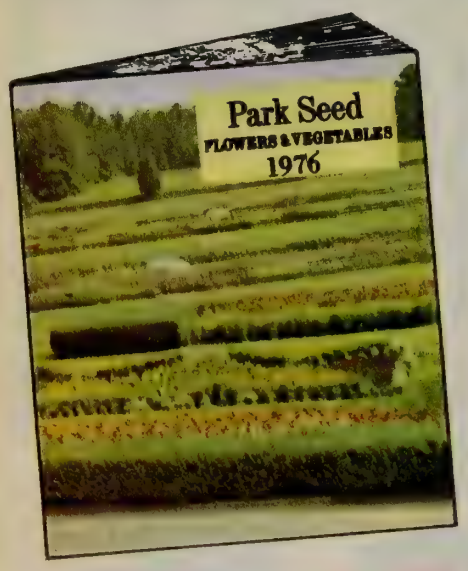





**Kelly Bros. Bicentennial Garden Guide & Nursery Catalog....has things growing for you.** You'll find everything to make your grounds more beautiful and fruitful in Kelly's 96th Annual Spring Catalog. Choose from one of the most complete assortments of quality nursery stock available... Shade and ornamental trees, shrubs, evergreens, hedges, groundcovers, dwarf fruit trees, nuts, berries, grapes, roses, lilacs, lilies, seeds. See money-saving specials and Kelly's Bonus Certificate that help you get more for less. Use your credit card. When you want the best at direct-from-grower prices, you'll find it in Kelly Bros. FREE Catalog.

**Spring Hill's 72-Page Seed And Plant Catalog Will Save You Money!** You'll find exactly what you want in Spring Hill's colorful value-packed 1976 seed and plant catalog including vegetable seeds, fruit trees, nut trees, shade trees, hedges, groundcovers, vines, shrubs, bulbs, perennials, evergreens and houseplants. Win up to $10,000 in our new All-Win Sweepstakes! Send no Money—Use your credit card to shop by Mail or Phone Toll-Free. Hundreds of price cuts—Buy Direct from the Grower and Save!




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Please send me at no cost or obligation, the 1976 Spring Hill, Park Seed and Kelly Bros. catalogs.

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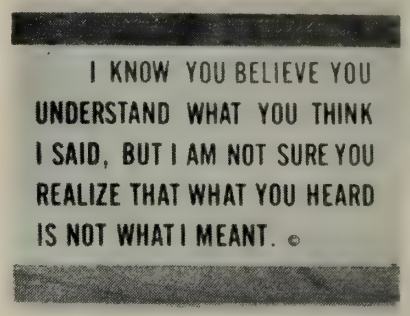
### The Spirit of '76

Thimbles by Lillian Vernon A... can-made heirlooms for c... Hand-enameled red, whi... cloisonne on Gold-finish m... boxed. #4488 Statue of ... $1.98; #4450 American Eag... #4489 Both/$3.50 + 45¢ p... lian Vernon, Dept. H1E, 510 ... ton Ave., Mt. Vernon, NY...



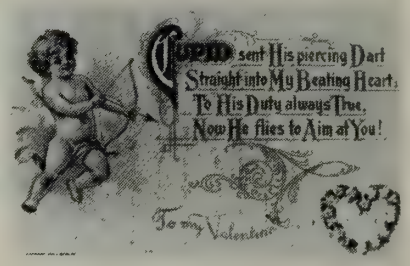
### Relax-A-Pedic pillow

New sleep comfort with th... filled preshaped cradle, pil... side wing and "neck roll" ... ically designed to support y... in alignment whether slee... back, side or stomach. 26... $10.95. Satin zipper cove... extra. Better Sleep Inc., De... New Providence, NJ 07974...




### Communication gap p...

How's that again? A wall... made of solid walnut, which ... every eye's attention. Blac... on a golden plate. 4"x5". A ... sation piece that makes an ... gift. Use it as a door priz... plus 30¢ postage. Anthony ... prises, Dept. BHG-16, 585 ... San Francisco, CA 94105.




### Old-fashioned valentin...

Postcards, in full-color; a... designs of 70 years ago . . . e... space to write message a... dress. Delightful way to sen... tine's Day remembrance. F... of 24, $1.25; 2 different p... available, #100 & #200, both ... Tower Press, Box 428-EP... brook, New Hampshire 038...




### Bargain silver-plating ...

Any item replated at sale pr... extra charge for dent r... straightening. They'll look... than new. Worn antiques, he... quadruple silver-plated by ... ca's largest replaters. 100% ... teed. Free price list. Silver... Div., Senti-Metal Co., BH-... Memory Ln., Columbus, OH...



### Cycle exerciser

Have a better figure, pedal y... to beauty in your own ho... down, stretch out and ped... inches. Easy, relaxing, hel... up muscles. Chrome plated ... steel frame with full leng... mat. Folds flat for storage ... + $1 post. Holiday Gifts, De... T, Wheat Ridge, CO 80033...



### A ring for your finger

A real jewel to add to your ... collection. A genuine onyx ... an elongated oval cut. It top... ling silver ring in a delicate ... You'll want one for yoursel... give as gifts. Available in si... $8.95. Order from Lions ... 103BG, 665 Middle Neck Ro... Neck, New York 11023.

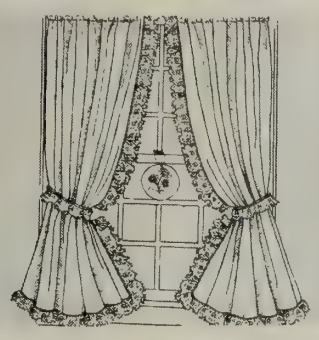
### wcase six prize plants

his space-saving plantstand, ble to let you follow the sun's from window to window. Ad- ble swivel shelves. Solid pine dwood, 39″ H. easy to assem- Unfinished $17.76; Finished in ue $27.95 plus $2.30 each. r from Yield House, Dept. , North Conway, NH 03860.



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Irish lace ruffles, 50% cotton, polyester, in natural or white. wide per pair. 30″, 36″, 40″, 0 pr.; 45″, 54″, 63″, $15.50 pr., 31″, 90″, $18.50 pr. Edged with ch Irish lace ruffles. Plus $1.75 Brochure free. Country Cur- Dept. BH-1, Stockbridge, 01262.



### nbone pendant

g Silver wishbone hangs grace- from an 18″ Sterling Silver . Sure to bring good fortune to o wear it. For all gift occasions, eat yourself. Wishbone 1⅛″ $12.95 ppd. Order Style Q-224. ado Mint & Foundry, Box Dept. 3094, Colorado Springs, ado 80933.



### ss Army type knife

rms like those costing much . 11 drop-forged blades. 14 scissors, fish scaler & hook rger, wood saw, small pen , bottle & can openers, screw- , pipe reamer, nail file, cork- , etc. $5.98 + 75¢ post. Ameri- Consumer, Dept. SAK-13, Caro- Rd., Phila., PA 19176.



### catch-it tray

st for every home and barber This handy catch-all hair tray de of soft plastic, wipes clean and ties on quickly. Keeps hair from falling down back or floor. Ideal when giving home anents, no spots & stains. $1.69 ¢ pcst. Holiday Gifts, Dept. , Wheat Ridge, CO 80033.



### emble for the bed room

t. or Wht. 65% polyester-35% ; wash & dry. Dust Ruffle, Twin l. 14″, 18″ or 22″ drop $13. n 14″, 18″ or 22″ drop $15. 14″, 18″, 22″ drop $18. Cano- win or Dbl. $17. Coverlet, Twin l. $27.50; Queen or King $40. ial Maid Curtains, Dept. BH-1, Ter., Mamaroneck, NY 10543.



### ing sentiment

ve and be loved is the greatest n earth." Symmetric bird and motifs is fun to work in cross embroidery. Kit includes de- on cotton, embroidery thread t pastels, needle and direc- Finished size 20″ x 16″. $5.95 ¢ post. The Stitchery, Dept. , Wellesley, MA 02181.








# Skiing Fever Sale!

on name markers for mailboxes, lampposts & lawns

order before February 29th
**save $2.00**

order before March 31st
**save $1.00**

we ship in 48 hours/satisfaction guaranteed or your money back

## Spear DAY-n-NIGHT MARKERS

**LAMP POST & WALL MARKERS** *for home or office*




STYLE BR $6.95




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**MAILBOX MARKERS** *fit any curb style mailbox*




STYLE M $5.95




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STYLE NM $8.95




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**LAWN MARKERS** *hundreds of uses*




STYLE L $6.95




STYLE LF $7.95




STYLE EL $8.95




STYLE NL $9.95

Along about this time of the year, a lot of people get skiing fever, so we're having a skiing fever sale! Here's how it works. If you order before February 29, deduct $2.00 per marker. Or, if you prefer, go skiing for a while and order before March 31 and deduct $1.00 per marker. If you hurry, you'll save more, but either way, you'll save money!

*Spear name markers are a thoughtful personalized gift for anniversaries, housewarmings, and many other occasions. Order today!*

- Any wording you want, same wording on both sides. Up to 17 letters and numbers on long (18″) plate; 6 on short (7″) plate.
- White raised letters on black background for easy reading. Reflector beads on letters are readable in headlights at night — just like highway signs!
- Each marker made of rustproof aluminum for years of carefree use.
- Easy to install. Meets U.S. Postal requirements. If you move, replacement plates always available.

**THE SOONER YOU ORDER – THE MORE YOU'LL SAVE!**
48-hour shipment — satisfaction guaranteed or your money back.

If you wish to use your charge card, please fill out appropriate boxes below:

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Spear ENGINEERING COMPANY

Box 7025, Dept. 4959, Colorado Springs, Colo. 80933

| STYLE → | | ANY WORDING YOU WANT |
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ORDERED BY _____

ADDRESS _____

CITY, STATE, ZIP _____

| PRICE | $ |
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| ADD POSTAGE & HANDLING | |
| REGULAR .95 FASTEST $1.60 | |
| LESS $1.00 or $2.00 see* | |
| TOTAL | |

*IMPORTANT – Deduct $2.00 from the price shown if order postmarked before Feb. 29, 1976; deduct $1.00 if order postmarked after Feb. 29, but before Mar. 31, 1976.

EARN EXTRA MONEY FAST by selling our products – Write for details.

SKIING FEVER SALE! YOUR NAME PRIDE SKIING FEVER SALE!

# The Man Next Door®

Modern merchandising tempts the Rev. George Hall to run some kind of special to get parishioners to services. Says he's thinking of advertising, "FIRE SALE—For the wicked only."

---

Mother Hillis says she misses the old-time ministers who knew how to say *yes, no,* and *certainly*. According to her, most of the young ones talk only in terms of possibly, perhaps, and maybe.

---

Despite the price of groceries, we reached a milestone at the Hillis dinner table last night when Christine announced: "There's not a single leftover in the casserole—it's all new."

---

Mr. Bell says it's simply remarkable what happened to him in Tokyo recently. He bumped into two neighbors unexpectedly —and nobody said anything about its being a small world.

---

Jenny Dresch, three, speaks only English. Grandmotherly Mrs. Schmidt speaks only German. But they actually speak the same language. Every night Jenny trots next door to have Mrs. Schmidt read a story to her in German.




---

A good marriage is like a good stew. No matter how good the ingredients, the real flavor doesn't come without a certain amount of simmering.

---

Our Rosemary, 18, might end up in the diplomatic service, judging by the way she manipulates Bud into doing her chores occasionally. "If I didn't have to vacuum my room," she says casually, "I would make a batch of fudge."




*"Sold . . . to the woman whose husband just shot himself!"*

Elaine Cowan realizes that belly dancin classes are all the rage these days, but sh says she just doesn't have the stomach fo them.

---

The Simmons dog is like a few people know. He frequently barks with grea alarm at things that turn out to be noth ing at all.

---

There can be wisdom in a kid's wisecrac after all. "It'll make a man out of you," told Bud one day. His reply: "Yes, Dad but do you really want a 13-year-old man?"

---

*When Jack Evans came home recentl with his bride of a year, his parents—ou neighbors—prevailed on him to g through his old keepsakes in the crowde attic.*

*From early childhood Jack, Jr., rarel had thrown anything away. He just tosse his obsolete belongings into boxes an took them to the attic when his room be came too full or parental pressure becam too great.*

*Now the reckoning day had come at last*

*Quickly he toted out boxes of old radi and auto parts, ruined electric trains, life less tennis balls, worn-out baseball shoes dime store photos of old girl friends an pals, a broken shoulder pad, piles of mag azines, and several stacks of old phono graph records.*

*He slowed down, however, when h came to the collections—arrowheads stones, and marbles.*

*It was the stones that took a lot of de cision. What to do with the pretty one he'd collected as a Cub Scout? How abou all those bigger pieces he and Jack, Sr., hac gathered on rock-hound trips together?*

*Finally, the pretty rocks went to his wife —she would use them in a project. The big pieces went to the street to be picked up by the trash men next day. Then the young couple waved goodbye and headed for home hundreds of miles away.*

*A few hours later, taking a walk before bedtime, I came upon Jack, Sr., rummaging through the rocks in the dark, and I grew even fonder of my neighbor.*

*"No need to throw this good one away,' he explained quietly as he pulled out the garnet lode that he and his only son had discovered together one happy day long ago. "We might want it sometime."*

*"Of course," I said, and walked on by, as if it were the most natural thing in the world.*

Burton Hillis

CIRCULATION 8,000,000
February 1976 • 75¢

# Better Homes and Gardens.

BURLINGAME
FEB 10 1976
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AND MENUS...PLUS
SUPER STOCKPOT
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MOST COOKS
THROW AWAY

BUILDING: WHAT MAKES A GOOD HOUSE GREAT? THIS ONE SHOWS YOU!

**BETTER BEDROOMS: MORE COMFORT, MORE STORAGE, MORE SPACE**

BUILD-IT-YOURSELF BASEMENT STORAGE

NEW TAX LAWS THAT CAN SAVE YOU MONEY

POISONING! WHAT SHOULD YOU DO?



Better Homes Bicentennial quilt—Make one from a kit you can order

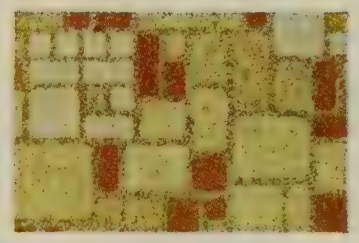


# Let the sunshine in!
# Armstrong Solarian.®

## The sunny floor that shines without waxing.

What a way to sunbrighten your day! And Royal Villa, shown here, is just one of the sunny Solarian patterns. What makes them shine so bright? Solarian is born to shine. Its special Mirabond® wear surface keeps its shine, without waxing or buffing, far longer than an ordinary vinyl floor. And the cleaner you keep it, the brighter it shines: just sponge-mop with a detergent and rinse thoroughly. Even black heel marks will come up easier.





Where foot traffic is heaviest, you may eventually see a reduction in gloss. So, if you need it, your Armstrong retailer can supply a special Solarian Floor Finish, which can be applied occasionally to maintain the shine the way you like it.

You'll find your nearest Armstrong retailer in the Yellow Pages under "Floor Materials." Many are authorized Floor Fashion Center® retailers, offering a complete selection of Armstrong floors, color-coordination assistance, and professional installation. Look for this sign.




Above are two more of the many Armstrong patterns with our "shines-without-waxing" wear surface . . . Sunstone and Colonial Classic. See them all at your retailer.

For our free Solarian brochure showing all the designs and colors, write Armstrong, 7602 Elm St., Lancaster, Pa. 17604.

Armstrong

CREATORS OF THE INDOOR WORLD®

Certain floor designs copyrighted by Armstrong Cork Company



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Troy, Ohio 45374

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Address_____

City_____

County_____

State_____

Zip_____


# Better Homes and Garden


THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES — FEBRUARY, 1976; VOL. 54,



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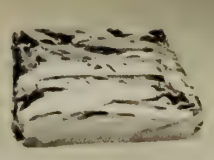
# Most wraps just wrap.
# Heavy Duty Reynolds Wrap® wraps and freezes best. It double-batches, too.



*From the Reynolds Wrap Kitchens.*

## CHICKEN COUNTRY CAPTAIN





*2 broiler-fryers, cut up (or 4 lbs. parts)*
*Salt, pepper, paprika, flour*
*1/3 cup shortening*
*2 onions, chopped*
*2 green peppers, chopped*
*1 clove garlic, minced*
*2 tsp. curry powder*
*1 tsp. ground thyme*
*2 (16 oz.) cans tomatoes*

Season chicken with salt, pepper, paprika; coat with flour. Brown in shortening. Line 2 9-in. square bake pans with Heavy Duty Reynolds Wrap. Divide browned chicken between 2 pans, skin sides up. Cook onion, green pepper, garlic, 3 to 5 min. in drippings. Add curry, thyme, tomatoes; salt and pepper to taste. Pour equal amounts of sauce over chicken. Cover each pan with Reynolds Wrap, sealing edges to foil liners. Bake one batch in 350°F. oven 45 min. or until chicken is tender. Sprinkle with chopped parsley, serve on rice. Freeze uncooked batch. When frozen solid, remove pan, overwrap tightly in Heavy Duty Reynolds Wrap. Return to freezer. To bake, place frozen block in original pan. Bake in 400°F. oven for 1¾ hours, covered. Each batch serves 4-5.

Unless you freeze food properly, it won't keep its flavor. That's why you need Heavy Duty Reynolds Wrap. It protects and freezes best because it molds and seals tightly to help keep out air, help prevent freezer burn. And food can go from freezer to oven in the same foil. Another good thought: double-batching saves you money. You can shop the specials, then cook and freeze all at one time, using only one wrap: Heavy Duty Reynolds Wrap.




**The Best Wrap Around.**




Last year, Congress conjured up some real tax breaks for you in a massive effort to lift the economy out of a deep recession. Only time will tell whether or not our legislators succeeded. But one thing's for sure: Now that the April 15th Tax Piper hovers round the corner, those tax breaks will seem mighty personal. Most likely, some will save you money on 1975 taxes. Here's what you need to know.

## THE GOOD NEWS

Several IRS rulings are now less stringent and will be money-savers for some lucky taxpayers. Also, there are some additional deductions and credits that have not been available before. Somewhere in this list, there may be a real tax break waiting for you.

● **New tax credit for personal exemptions.** For 1975 returns, you're allowed a tax *credit*—a reduction of your taxes right off the top—of $30 for each exemption claimed for yourself, your spouse, and dependents. (You still get the $750 exemption per dependent to subtract from your taxable income.) The new $30 credit cannot exceed the amount of tax you owe on your 1975 return, however. Don't overlook the blank on the 1040 form where you claim this credit.

● **Increased standard deduction.** The percentaged standard deduction has been increased from 15 percent to 16 percent of your adjusted gross income, with the following maximum deductions allowed:

| | |
|---|---|
| Single taxpayers | $2,300 |
| Joint returns and surviving spouses | $2,600 |
| Married—filing separately | $1,300 |

The special "Low-income Allowance"—a flat deduction in dollars that low-income taxpayers can take instead of the percentaged standard deduction cited above—has been increased to these levels for 1975 returns:

| | |
|---|---|
| Single taxpayers | $1,600 |
| Joint returns and surviving spouses | $1,900 |
| Married—filing separately | $ 950 |

To see if you qualify, check an IRS handbook.

● **Minimum income levels for filing.** The good news here for working young people is that the filing requirements have been relaxed considerably. If your gross income is not more than the amounts below, you don't need to file any tax return (unless, of course, you need to file a claim for refund, or you're subject to self-employment tax):

| | |
|---|---|
| Single taxpayers | $2,350 |
| Married—filing jointly | $3,400 |
| Married—filing separately | $ 750 |
| Surviving spouse | $2,650 |

If you or your spouse is age 65 or over, filing levels have been relaxed even further. See 1975 tax return instructions for details.

● **Earned-income credit.** Families with dependent children and a household income of under $8,000 now may receive a special tax credit. On incomes less than $4,000, the credit can be as much as ten percent of the tax due. For larger incomes, the credit phases out gradually so that persons earning $8,000 or more receive no credit on taxes levied on that earned income.

● **Increased child- and dependent-care deductions.** Under this provision, you have been entitled to a deduction of up to $400 per month for the costs of child and dependent care, provided you met certain tests about income and other matters. However, the rules said that if your household income exceeded $18,000 a year, the deduction was gradually reduced, and no deduction was available if you earned $27,000 or more.

Those earnings limits will hold for your 1975 return, but they have been raised for any tax year beginning after March 29, 1975—the 1976 tax year, for most people. Even though you won't get the extra advantage until your 1976 return, it's important to understand the new limits now for record keeping during 1976.

As of this year, *you can earn a household income of up to $35,000 and still be allowed the maximum deduction.* Even if your income is more than $35,000, some deduction is available (up to an income ceiling of $44,600).

To qualify for any child-care deduction this year or next, the expenses must have been a necessary outlay to enable you to work. And they can only relate to the care of any of the following persons who are members of your household:

**1.** A dependent under age 15 claimed by you as an exemption.

**2.** Your dependent, regardless of age, who cannot care for himself because of physical or mental illness.

Also, payments cannot be to a relative. For other restrictions on this significant deduction, check with a tax expert.

● **Tax credit on a new hou**
Generally, you may claim a *cr* against your taxes for five perc of the "adjusted" purchase pr of your new house. ("Adjust means that a special IRS form may apply for the purpose of uring the credit.) Condominiu cooperative housing projects, mobile homes also are eligible.

Maximum credit runs up $2,000 if you're filing joint $1,000 if married and filing s arate returns. Remember, benefit is not just a deduct from your taxable income; it direct reduction of your inco tax liability.

To claim the credit, compl IRS Form 5405 and attach it your return. Here are the rules

**1.** The house must have b completed by March 26, 19 or significant construction star by that date.

**2.** You must have acqui and occupied the house a March 12, 1975, and bef January 1, 1977. It must be y principal residence and you m be the original occupants.

**3.** The credit may be availa on a house you have built yo self; it needn't be a house p chased from a contractor. Ho ever, there are some limitati here, so you'd best seek com tent tax help.

**4.** You must attach to y return a certification from seller that the price paid is lowest price for which the ho was offered for sale after F ruary 28, 1975.

If your residence meets above qualifications and you it within three years, you n have to repay the housing credit. However, if you repl the residence, certain exceptio may let you avoid repayment.

A word to the wise: Save records from the sale of y house so you can supply the n essary information if needed.

● **Tax-free home sale.** Un special laws, you are allowed sell your home and postpone tax if you replace the home wi in certain time periods. Th periods now have been leng ened somewhat:

**1.** You must purchase a placement residence during period beginning 18 months fore the sale of your pres home and ending 18 months a the sale.

**2.** If you build your own placement home, you must gin construction not earlier t 18 months before you sell y present home, and you must m

**continued**

©1975, The Procter & Gamble Company

# Preventive Dentistry.




## How to help your dentist help your teeth.

You may not know it, but just by having regular checkups, you're already practicing an important part of preventive dentistry. That's because most of the time your dentist can catch a little problem before it turns into a big one.

But preventive dentistry doesn't stop at the dentist's. You have to do your share at home. Eat a balanced diet. Use dental floss (as your dentist recommends it). Brush regularly with Crest.

Crest has fluoride, the best cavity-fighter you can get. The fluoride in Crest actually combines with the tooth enamel to make it more resistant to decay.

After all, fighting cavities is the whole idea behind Crest.

"Crest has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." Council on Dental Therapeutics, American Dental Association.



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# SILK AND SILVER TURNS GRAY TO GREAT.

Say goodbye to that yellow tinge. And let your gray hair shine. With Silk and Silver hair color lotion. It's a breeze to use. Just shampoo it in. It colors away unwanted yellow without peroxide. Evens out your different gray tones. And adds silvery highlights that frame your face in softness.

**SILK AND SILVER® HAIR COLOR LOTION.**
Your gray hair can be one of the best things you have.




continued

## New tax laws

into the new home within two years after you sell the former home.

For other requirements for a tax-free sale, check the 1975 tax return instructions.

● **Individual Retirement Accounts (IRAs).** If you're not under any qualified pension or profit-sharing plan, you now can set up your own individual retirement plan and contribute to it up to 15 percent of your earned income, or $1,500, whichever is less. Your contribution is fully tax-deductible whether or not you itemize deductions, and the earnings on your IRA are tax-free until you begin to draw your benefits. Of course, to make any claim on your 1975 tax return, you must have made contributions to the plan in 1975. If not, consider setting one up for the 1976 tax year.

IRAs are offered by banks, savings and loan associations, insurance companies, mutual funds, and other similar financial organizations. For more information about creating your own IRA, contact one of these organizations, or check with your tax adviser. It's an important tax benefit. (See "New do-it-yourself pension plans," *Better Homes and Gardens*, October 1975.)

● **Job-hunting expenses.** Now you can claim job-hunting costs for a new position in your present line of work *whether or not you actually get the new job.* Formerly, IRS said you had to actually land the job in order to claim the deduction. Expenses of seeking a job in a new line of work still are not deductible.

● **Retirement home prepayments.** A lump sum payment to a retirement home for future lifetime medical care is fully deductible—despite the IRS rule that no deduction is allowable for prepaid medical expenses.

### THE BAD NEWS

The tax news is not *all* good. Here are some new IRS rulings that could adversely affect you tax picture.

● **Increased interest on delinquent taxes.** The interest rate on back taxes was increased from six percent to nine percent, effective July 1, 1975, and will be adjusted periodically to reflect prevailing interest rates. (In fact, by the time we go to press, it may already have gone down to seven percent.) If you owe delinquent taxes, you'll have to pay interest at the new rates.

This change is good news if IRS owes you interest on your tax refund; you'll then *receive* interest at the new rate.

● **Office-in-home expenses.** Recent court decisions have stiffened the requirements for deducting "home office" expenses. Some courts have allowed deductions even if your regular office is available during evening and weekend hours but you still choose to work at home for personal convenience. Other courts, along with IRS, do not agree. If you're claiming this type of deduction, touch base with a tax expert.

● **Tool transportation costs.** If you have been claiming deductions for transporting heavy tools or equipment related to your work in your car, you may face audit attacks. IRS has recently ruled that your deduction is limited to the *additional* cost for transporting tools. In other words, IRS will try to disallow the basic commuting expenses of getting *you* to the job.

In a related area, the Tax Court recently denied a car expense deduction to an employee who drove his car because his employer required him to have a car available at the office. The employee's argument that he wouldn't have driven otherwise was unconvincing to the Tax Court, which felt that his driving costs were essentially nondeductible commuting expenses.

● **Heartless IRS.** If you think tax rulings always concern dull and drab technical situations, you're wrong. Listen to this. IRS recently ruled that no medical expense deduction was allowed to a husband and wife who underwent hospital-supervised treatment for sexual inadequacy and incompatability. During their treatment period, the distressed couple stayed at a hotel near the hospital and attended consultation sessions at the hospital conducted by hospital psychiatrists. The IRS ruled that meals and lodging costs at the hotel do not qualify as medical expenses.

In the same area, the IRS has also ruled that marriage counseling fees don't meet medical expense deduction tests. ■

# THINK THINS




# THINK SILVA THINS 100'S

A THINS 100'S . . . . . "tar" 17mg.—nicotine 1.2mg.
selling filter 85's . . . . . "tar" 20mg.—nicotine 1.3mg.
brands, lowest . . . . . "tar" 2mg.—nicotine 0.2mg.
er Cigarette, FTC Report Nov. '75.

Filter: 17 mg. "tar", 1.2 mg. nicotine; Menthol: 16 mg. "tar", 1.1 mg. nicotine av. per cigarette, FTC Report, Nov.'75.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

# Introducing Whisker Lickins.™ The tasty combinations cats will lick their whiskers over.™



You know why cats lick their whiskers?

Maybe it's to let you know they like something. And now they've really got something to lick them over. Whisker Lickins from Purina.

Whisker Lickins is a delicious new, moist cat food. Each pouch has a tasty combination of two separate flavors. And each flavor is a different shape and color.

The six delicious combinations are the kinds of flavors cats lick their whiskers over. Beef & Seafood, Turkey & Giblets, Tuna & Chicken, Liver & Kidney, Salmon & Tuna and Chicken & Liver.

New Whisker Lickins from Purina.

Six delicious reasons for your cat to lick his whiskers.




©1976 Ralston Purina Co. Whisker Lickins™ Cat Food

# HOUSEPLANT HOW-TO

### otic all-green plant



ne monstera has a magical
al equaled by few other
ts. The sensuousness of its
, glossy leaves, split and
tured at random, makes it
easy seller throughout the
try.

nfortunately, the magic dis-
ars if you fail to care prop-
for the plant. Its require-
s are not exacting, but you
observe two essentials to
your plant attractive.

rst, give it the brightest pos-
light without direct sun.
rwise, the fancy-pattern
s come out solid and you no
r have a Swiss cheese plant,
of its common names. An-
common name is cut-leaf
dendron, which could give
problems if you buy it by
There are several different
dendrons with cut leaves.
sufficient light also results in
ly growth with small leaves
d far apart on the stem—a
ry from the compact beauty
started with.

so, provide plenty of mois-
Water both the soil and the
pole because roots are in
places. Keep soil slightly
to the touch, not soggy wet.

### Hanging baskets from seed

rting your own hanging
t from seed saves you
y and gives you something
don't often find in plant
s.

th climbing nasturtiums and
-eyed Susan vine *(Thun-
a alata)* are easy to start
seed. They're colorful and
ampant than when grown
imbers. Nasturtiums come only in mixed colors (yellow, orange, maroon). The thunbergia is plain orange or orange with a dark eye.

Plant the seeds directly in the container and plant generously; it's easier to thin out than to make do with too few plants. Keep the soil moist until seeds germinate. The plants will not support themselves and will cascade over the container. You may, of course, train some of the plants up the hanger, but only if there's good light at ceiling level.

### A bright plant for a dull spot



The aucuba is commonly called gold-dust tree because of the yellow spotting and splotching on its leaves. However, it isn't a tree but a shrubby plant that grows slowly indoors and remains blessedly manageable for years.

This is definitely a shade plant. It will take bright light through a curtain, but will also thrive ten feet away from a light source.

Aucuba tolerates a wide range of temperature and doesn't mind how cool you keep your house in winter—provided it doesn't go below 40 degrees.

### February reminders

- Keep azaleas moist. They're woody plants and drink up water fast. After flowering, cut back, but only if necessary to maintain shape. Sometimes a single branch will grow unusually long and throw a plant out of balance.
- Start caladium and gloxinia tubers in a fifty-fifty mix of peat and perlite. Keep moist and move to individual pots when well rooted with visible growth.

(ADVERTISEMENT)

## When Did You Last Think About How Old You Look?



Months ago? Maybe even years? You wash your face in the morning, put on your makeup and rush off to do the dozens of things that fill your day. And probably never even stop to think that the passing years are showing on your face. Perhaps more than they ought to.

But time hasn't stood still. Look at your children. Not babies anymore, are they? Look at your husband. He's no longer the fresh-faced youth of your wedding pictures.



Then take a close look at yourself. Do you really want to look that old this soon?

If it would please you to look as young as you can, discover a remarkable beauty fluid whose secret benefits are known to enlightened women in many parts of the world. These women look their very youngest, no matter how old they really are. This unique fluid, discovered by beauty researchers, can be found in drugstores in the United States, where it is known as Oil of Olay beauty lotion.

Soothe Oil of Olay onto your face and throat. Watch as your skin virtually drinks in the precious fluid. You'll be wonderfully surprised how quickly and completely the beauty fluid penetrates to work on dryness, that unwelcome dryness that accents the little lines and wrinkles that too easily can cause you to look older than you are. A profusion of pure moisture, along with tropical oils and other emollients, lets your skin feel noticeably softer and smoother within moments. You'll actually see the renewed lustre and radiance of your skin . . . a look you once had and probably never dared hope for again. Oil of Olay gives your complexion a fresh glow, even without makeup. And it never, ever, leaves a greasy afterfeel.

Working with nature itself in a mysterious way, Oil of Olay helps maintain the oil-moisture balance of your skin, necessary if you're to look as young as possible. The precious fluid acts remarkably like your skin's own natural moisture in easing away the dryness that can make you look unnecessarily old. And it helps keep your own natural moisture in the skin to help your complexion look softer and smoother.

Devoted users of Oil of Olay wouldn't let a day go by without using the beauty fluid at least twice. Faithfully every single morning . . . as a superb makeup base that lets cosmetics glide on easily and remain fresh looking for unexpected hours . . . or to let skin thrive in its own moist climate. Faithfully every single night, knowing that Oil of Olay continues its beautiful work through hours and hours of silent sleep. You may decide to use Oil of Olay even more often, any time you feel dryness needs easing and the moisture content of your skin should be increased.

Now that you've taken a moment to think about how old you look, it shouldn't take more than a second to think about Oil of Olay. The unique beauty fluid may be exactly the thing you didn't even realize, till now, you were looking for.

**Beauty Secret**

*When you can steal time for a leisurely bath, apply Oil of Olay® to your face and throat before stepping into the tub. You and your complexion will emerge feeling relaxed.*

# The Sears-O-Pedic Imperial

# If you can find any other mattress with all these firmness and comfort features, buy it!

There is no other mattress built like the Sears-O-Pedic® Imperial. It has many built-in exclusives no other mattress offers.

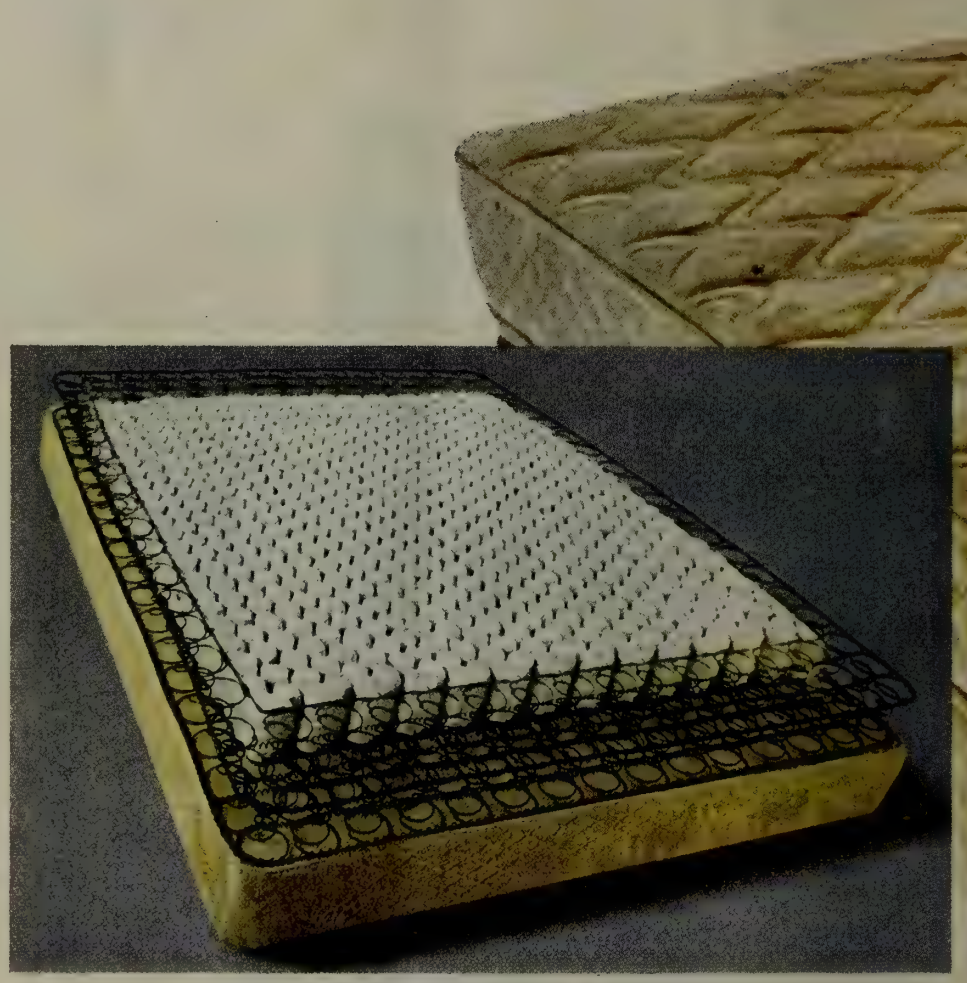
Just check these quality features. Then shop and compare. We think you'll agree — that there is no other mattress and box spring set built with the same good marriage of comfort, firmness and durability features.

## Individually Pocketed Coils

The incredible comfort of the Sears-O-Pedic Imperial starts down deep with strength. The responsive strength of individually pocketed coils.

Rugged, resilient steel is coiled into hundreds of unique barrel-shapes that can never tangle in themselves. Then each power-packed coil is tucked inside its own protective DuPont Tyvek® pocket. And Sears pocketed coils are made from the heaviest gauge steel used in any pocketed coils.

Since the coils act independently of each other, they only respond where you compress. And since they're insulated with six layers of pure comfort you never feel them. Except to stay snuggled firmly against their constant support.



## Sears Exclusive Mattress-Within-A-Mattress Concept

It's one secret to the Sears-O-Pedic Imperial's incredible durability. And you find it only at Sears. This cutaway of the mattress can show you what we mean. Edging the core of individually pocketed coils are border coils of extra-firm heavy-gauge steel. These border coils are in turn supported by an exclusive double-border wire construction.

Why this care for the edge of the mattress? Because the edge gets the most punishment. Sears exclusive mattress-within-a-mattress concept means that no matter how much sitting or "sock-putting-on" you subject the edge of your mattress to, the edges are designed not to sag.



## Six Layers of Comfort

The top side and the bottom side of every Sears-O-Pedic Imperial mattress is covered with six sigh-soft cushionings. Each has a special purpose. First a ¼-inch layer of polyester to further insulate the coils away from you. Then several alternating layers of polyurethane foam and polyester fill for a feeling of firmness and comfort at the same time.

Stretched smoothly over all sides is the elegant cover. Lustrous polyester damask in an Oriental willow quilted design.

## Built-To-Match Boxspring

Every size Sears-O-Pedic Imperial box spring is engineered to match and enhance the firm support and comfort of its mattress. No other box spring will give you the same desired effect.

Because 100% of your body weight and your mattress is actually supported by the box spring and frame, we use the strongest combination of box spring coils, stabilizers and border wire we know of.

The steel grip of four stabilizers anchors the coils to the heavy-gauge box spring border wire. This prevents shifting and swaying when you move. As does an exclusive double-wire center support. And reinforcing this strong box spring is a rigid 12-slat base frame.

## The Little Extras

You won't find stronger handles on any other Sears mattress. Backed by steel plates for added strength.

Eight air vents. Only the best mattresses give you so many.

Thickly quilted side edges. More protection for the coils. More comfort for you.

The Sears-O-Pedic Imperial. It's a Sears Best. *We* think it's the best mattress you can buy anywhere. *You* can prove it for yourself. Available in twin, full, queen and king sizes. All with built-to-match box springs. All right now at larger Sears, Roebuck and Co. stores and in the catalog.

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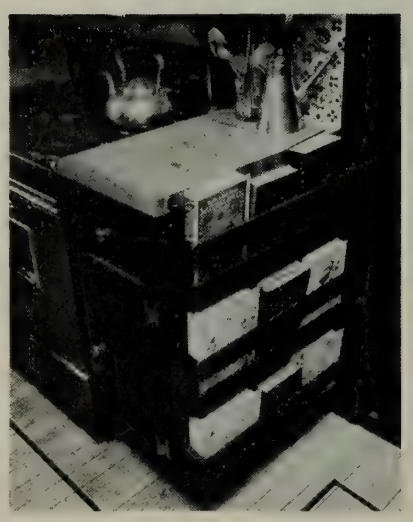
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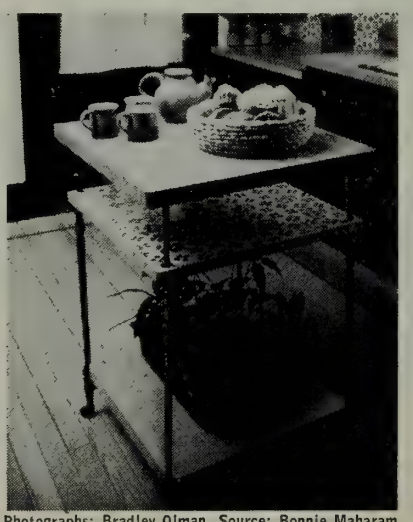
By Joan McCloskey



# ADDING CONVENIENCE TO A COUNTRY KITCHEN

**When your kitchen needs remodeling, do you call in the experts or do the work yourself? The homeowners who masterminded this kitchen redo recognized that their talents with tools didn't qualify them as remodeling experts. So they called in a contractor to do some of the basics, then had fun finishing the kitchen themselves. Here, step by step, is how their success story developed.**





Photographs: Bradley Olman. Source: Bonnie Maharam

**Incorporating modern conveniences into an old-fashioned kitchen takes some planning, but the Kanes pulled it off beautifully.** Since cabinets can set the mood for an entire decorating scheme, they got top priority. The Kanes chose upper cupboards with glass-paned fronts, making it easy to see exactly what's behind each door. The raw birch base cabinets were installed by the contractor and finished by the Kanes with a dark wood stain. The old plaster ceiling was replaced with whitewashed wainscoting.

Originally, the kitchen had the usual two tiny windows over the sink, but a larger third window was added by the contractor to catch even more sunlight. The deep window ledge is ideal for Mrs. Kane's cactus collection. Antique hunting yielded the window trim. The Kanes used a venerable Victorian divider for a starter, and then pieced extra molding together to create a guardrail for decorative plates above the cabinets.

Walter Kane installed the new butcher-block counter tops himself, and sanded down the old oak floor. He then stained it a lime oak color and finished the wood floor with clear polyurethane for durability.

The hanging light fixture is an old coat rack that's been stripped and varnished and turned upside down.

**Just one look at this kitchen and you know it's not only for show.** Clearly, first-class cooking goes on here. When Mrs. Kane spotted some old Bible racks on one of her antique hunts, she snapped them up to house her cook book collection. She cut them down to serve as shelving for three rows of books. Smaller wooden book racks attached to upper cabinets hold three more rows.

**The heart of the kitchen, the movable center island, utilized the part of the chopping-block counter that was cut out for the kitchen sink.** The middle shelf is plywood covered with the same blue and white Spanish tiles used for the backsplash. But best of all are the legs: Mrs. Kane found an old table and stole its legs to support the island. They fit in beautifully with the other wood turnings in the Victorian divider and cabinets. ■



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Torrance, California

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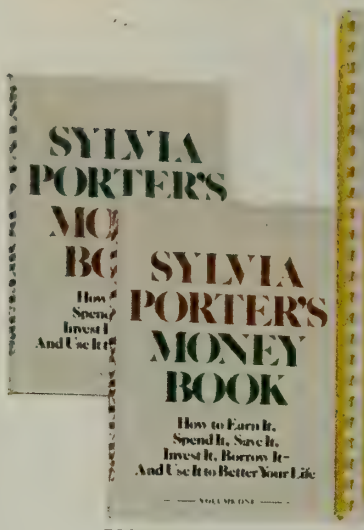
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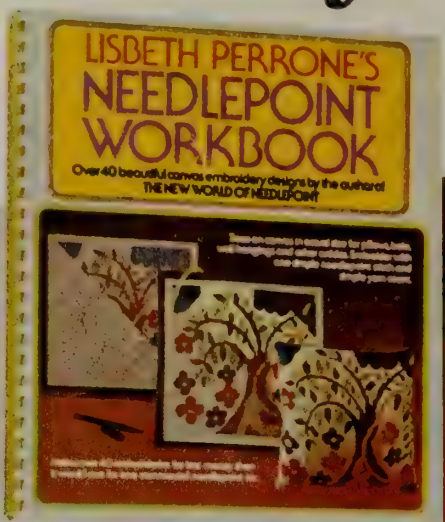
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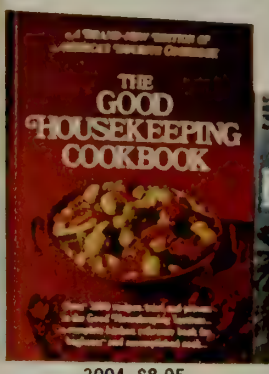
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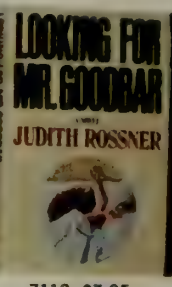

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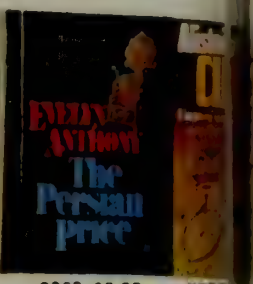

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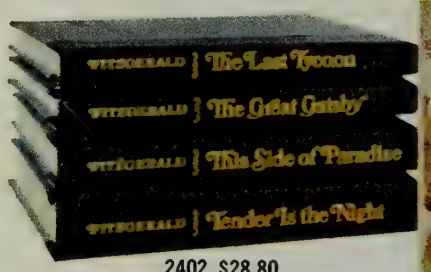

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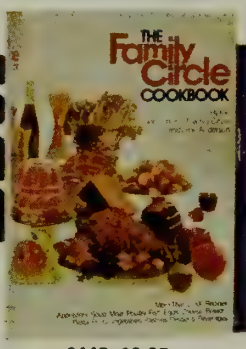

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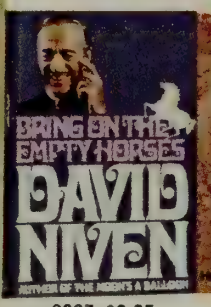

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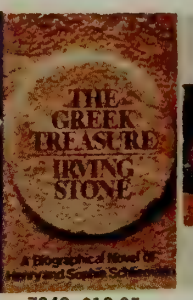

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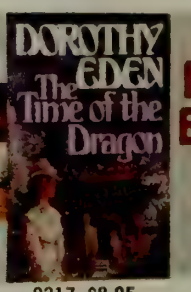

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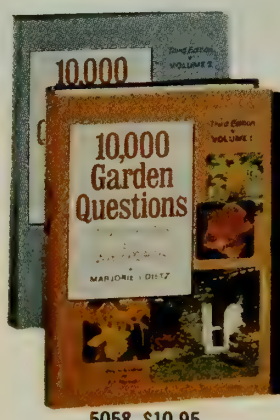

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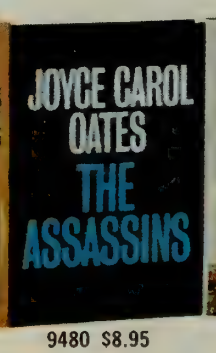



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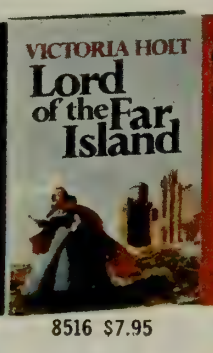



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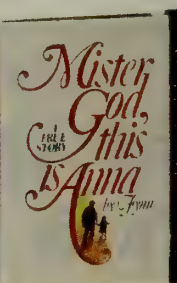



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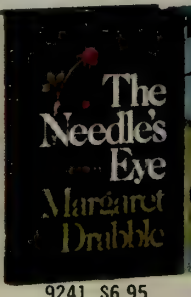



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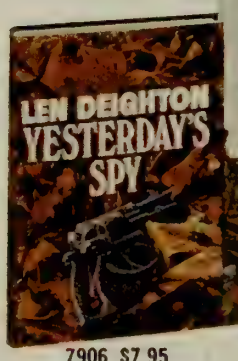

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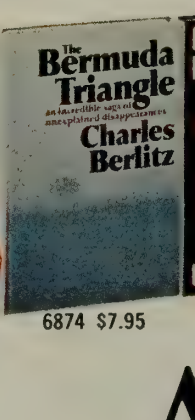

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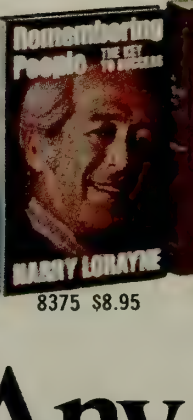
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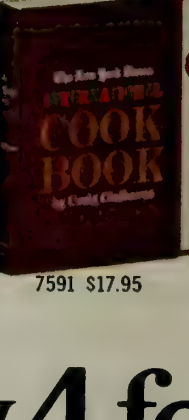

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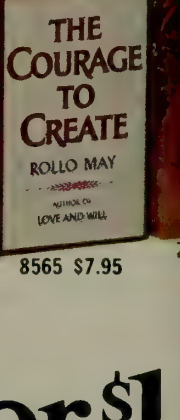

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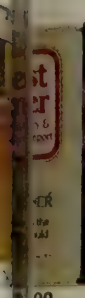
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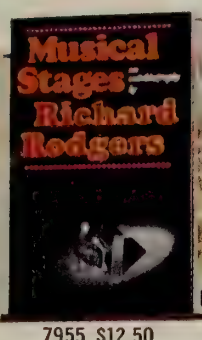

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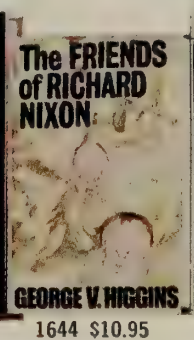
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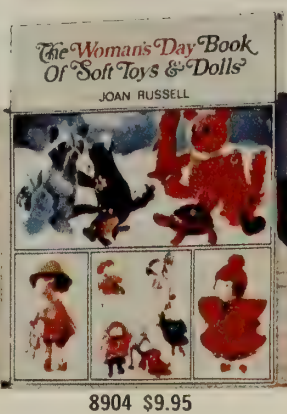
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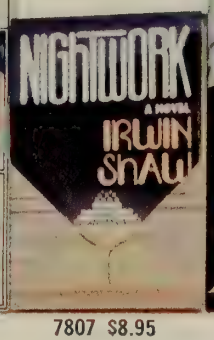
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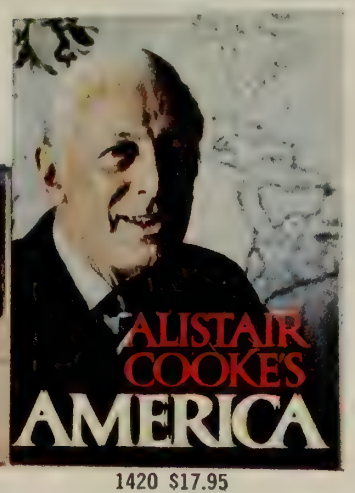
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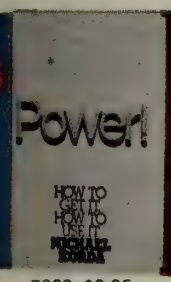


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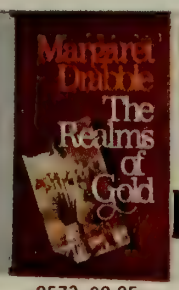


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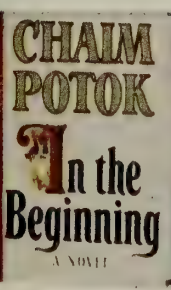

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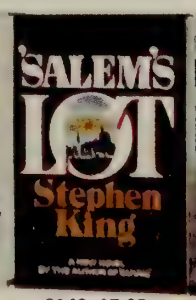
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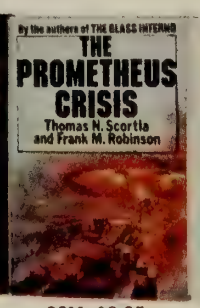
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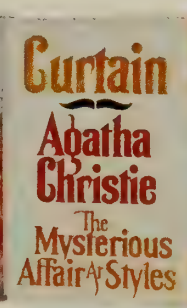
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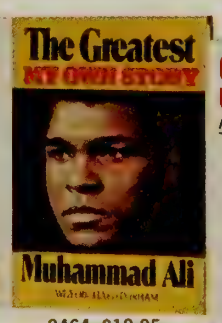
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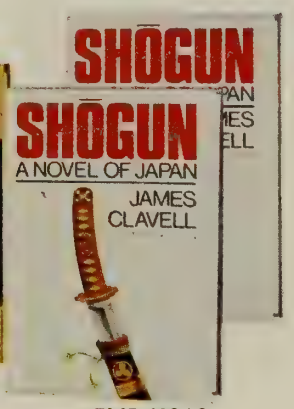
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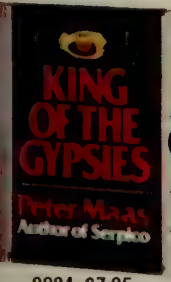


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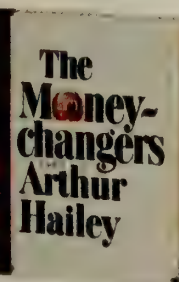


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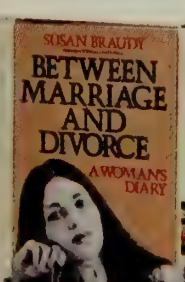

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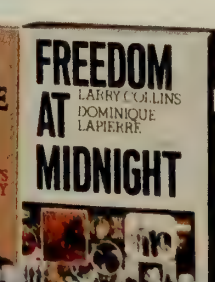
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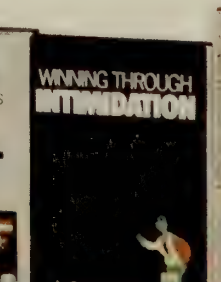
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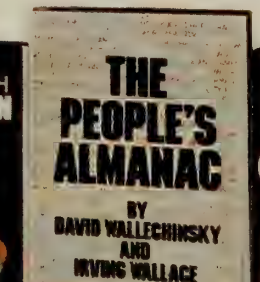
1990 $7.95



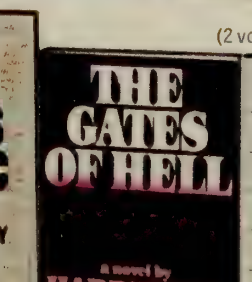
8524 $12.50



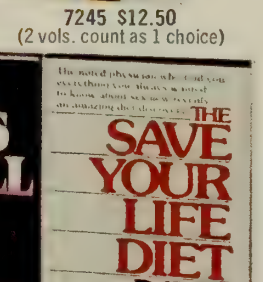
1610 $9.95



8599 $14.95

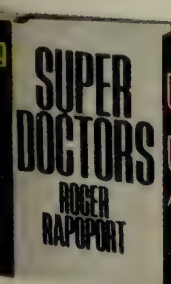


9209 $10.00

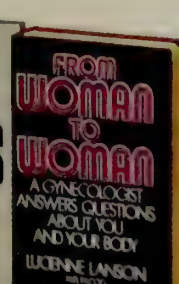


8417 $7.95

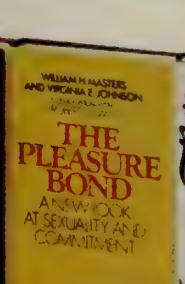

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9472 $8.95



7039 $10.00



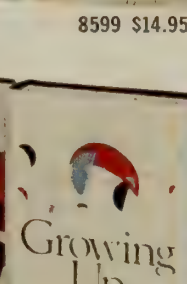
6726 $8.95



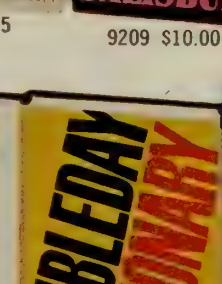
0158 $12.50



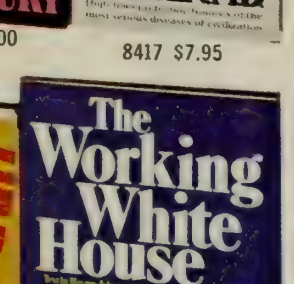
7260 $7.95



8961 $7.95



5223 $5.95



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**eive exclusive Guild editions.** The Guild offers its own hardbound editions, sometimes altered in size to fit sses and save members even more.

## The Literary Guild

Dept. JR 140, Garden City, N.Y. 11530

Please accept my application for membership in The Literary Guild and send me the 4 books or sets whose numbers I have printed in the boxes at right. Bill me only $1 plus shipping and handling. Also, send my free canvas carry-all, which is mine to keep, even if I don't remain a member.

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Mr., Mrs.
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Members accepted in U.S.A. and Canada only. Canadian members will be serviced from Toronto. Offer slightly different in Canada. 98-G252




**Egg Fu Yung starts with San Francisco's Rice-A-Roni**

Prepare 1 pkg. Fried Rice-A-Roni according to package directions; cool. Beat 6 eggs with 1 Tbsp. soy sauce, ½ tsp. salt, dash pepper. Stir in cooked Rice-A-Roni, 1 (16 oz.) can drained bean sprouts, ¼ cup sliced green onion. Drop mixture by ½ cupfuls onto greased griddle. Brown on each side. Sauce: combine 2 Tbsp. cornstarch, 2 Tbsp. soy sauce and 2 cups water; cook until thick. Serve over Egg Fu Yung. Serves 4.




TRY THIS WINNER FOR DINNER—
**GOLDEN GRAIN MACARONI & CHEDDAR**



# THE MILEAGE GAME:

## WHAT DO ALL THOSE NUMBERS MEAN?

10 M.P.G.
20 M.P.G.
30 M.P.G.
40 M.P.G.

*If you're shopping for a new car this year, or just keeping score in the gas mileage game the auto manufacturers seem to be playing, you've probably asked: Where do all those numbers come from? What do they mean? Can they really help me choose the most economical new car? Here are some answers.*

Several public and private organizations are testing fuel mileage of new vehicles. One series of tests is run by the Environmental Protection Agency (EPA); another by Union 76, an oil company; and still more by monthly magazines like *Motor Trend, Road & Track,* and *Consumer Reports.* No two tests are conducted under the same conditions, so results aren't strictly comparable. But collectively they can tell you a great deal about how efficiently any car uses fuel.

### Laboratory test results

EPA results are the most comprehensive. The organization tests cars driven in all 50 states, including those modified for California's more stringent emission requirements. But that doesn't necessarily make these tests the most accurate. Here's why.

EPA tests are performed indoors on a chassis dynomometer, a treadmill-like device consisting of weighted rollers rotated by the car's driving wheels. The car is "driven" without actually going anywhere. EPA mileage figures are a by-product of EPA's emission certification program. The numbers are produced by applying emission results to a complex mathematical formula. The testing is done indoors because that's the only way the tests can be repeated accurately.

To get these mileage numbers, each car is operated on two different "driving cycles" with an undeviating, predetermined schedule for accelerating, braking, idling, and shifting, while the car's wheels spin the dynomometer's rollers. The EPA City Cycle simulates a 31-minute, ten-mile, stop-and-start commuter trip through rush-hour traffic, and its fairly low average speed of 20 MPH produces relatively low mileage figures. On the other hand, the EPA Highway Cycle simulates a 12-minute, ten-mile highway trip with no stops and only minor changes in speed. Its average speed of 49 MPH tends to produce more optimistic mileage figures than an average driver might get at the 55-MPH limit.

The 1976 EPA figures also feature a third number that is a weighted combination of the other two and is called the composite figure. Because the City Cycle is given more weight than the Highway Cycle, the composite figure winds up a little under halfway between the other two figures.

While EPA mileage figures are statistically accurate, even EPA officials admit they don't reflect real driving conditions. Indoor testing doesn't take into consideration differences in wind resistance between cars; the heavy dynomometer rollers generally discount the real benefits of radial tires; weights of vehicles can't be carefully matched to the load placed on the dynomometer; and all possible engine-transmission combinations can't possibly be tested. On top of all that, different drivers drive differently, so the same car with different drivers could produce different mileage figures.

Because of these and other variables, the Federal Trade Commission requires that all automotive advertisements listing mileage figures give both EPA Highway and City figures. In addition, ads must indicate if a particularly equipped model was used. Ads must state that figures are only estimates and must point out that mileages will vary, depending on drivers and driving conditions.

The best way to use EPA figures is strictly as a guideline. Revising the City figure about ten percent upward and the Highway figure about 20 percent downward will give you a more accurate idea of mileage you might expect out in the real world.

### Road test results

Tests performed by Union Oil Company in 1975, on the other hand, were run on actual roads. They were performed on the most popular model vehicles using three precise driving cycles designed by the Society of Automotive Engineers: an Urban Cycle with an average speed of 15.6 MPH, a Suburban Cycle with an average speed of 41.1, and an Interstate Cycle with an average speed of 55. Thus, the Union Urban figure is similar to the EPA City Cycle. The Union Interstate figure, while lower than the EPA Highway figure, is a far better indicator of the mileage you can really expect out on the highway. The Union Suburban figure simulates a mixture of highway and around-town driving. Of all the gas mileage figures produced in all the tests, the Union Suburban figure is probably the best indicator of the mileage you actually will get.

A few monthly magazines also participate in the gas mileage derby. Their miles-per-gallon figures tend to be a bit higher than the Union Suburban results. Among them are *Motor Trend,* which uses a 73-mile route in Los Angeles and attempts to duplicate mileage a reasonably competent driver could obtain, and *Road and Track,* which uses a slightly shorter test route and drives test cars a bit harder, producing lower mileage figures.

*Consumer Reports,* a non-automotive publication, also does road tests and reports on mileage performances at steady speeds of 40, 50, and 60 MPH over their own 195-mile test route. Typically, the *Consumer Report* figure is quite close to the Union Suburban figure and falls about midway between the EPA City and Highway figures.

### End result

By applying miles-per-gallon figures from any of the above sources, you can safely say, "Car X is more economical to operate than Car Y." But don't delude yourself into thinking, "Let's buy Car X because the EPA says it will get 31 miles per gallon." Maybe it will, maybe it won't. The test results are a guide, not a guarantee. ■

For a copy of the EPA Gas Mileage Guide, write to: Fuel Economy, Pueblo, Col. 81009. For a copy of the Union 76 results, write to: Union Oil Company, 200 East Golf Road, Palatine, Ill. 60067. Both are free.

Oh,
the disadvantages
of our
long cigarette.

# Benson & Hedges 100's




Regular and Menthol
in soft and hard pack

'1.1 mg. nicotine,
rette—hard pack, by FTC Method;
1.1 mg. nicotine,
rette—soft pack, FTC Report, Nov. '75.

g: The Surgeon General Has Determined
garette Smoking Is Dangerous to Your Health.

# On behalf of the baked potato

It's time to set the record straight about potatoes. For too long the nutritious tuber has been shunned by the dieter and scorned by the sophisticate. But let's look at the facts. A medium-size baked white potato has only about 20 more calories than an apple. White potatoes have nearly the same carbohydrate content as apples and almost three times as much vitamin C! Sweet potatoes have more calories but deliver an abundance of vitamin A.

Even if you're on a low-calorie diet, you don't have to eliminate potatoes. Just bake them and top with imitation butter-flavored salt or low-calorie salad dressing.

To make sure your baked potatoes will have smooth, soft skins, rub them with shortening or bake in foil. (Use the foil method if you must keep the potatoes warm after baking.) For a toasty, crunchy potato skin, bake potatoes "as is." You can hurry up the baking by spearing raw potatoes with metal skewers or special aluminum "potato nails." The metal will conduct heat faster into the center of the potato.

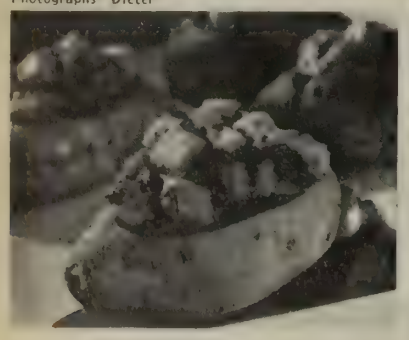
**HAM-STUFFED SWEET POTATOES**

*A favorite combination with a new twist—*

**4 large sweet potatoes**
**2 cups chopped fully cooked ham**
**⅓ cup cranberry-orange relish**
**¼ cup raisins**
**2 tablespoons brown sugar**
**½ teaspoon salt**
**4 tablespoons butter or margarine, softened**

Bake sweet potatoes in 425° oven for 40 minutes. Cut slice from top of each. Scoop out inside; chop the cooked potato. Combine ham, relish, raisins, brown sugar, salt, and butter or margarine. Fold in chopped potato. Spoon mixture into potato shells. Place on baking sheet. Reduce oven temperature to 350°. Bake potatoes 15 to 20 minutes more or till they are heated through. Serves 4.

Photographs: Dieter



**MEAT LOAF POTATO SPLITS**

*Pass warmed catsup for each serving of this meat, cheese, and potato main dish—*

**4 large baking potatoes**
**¼ teaspoon salt**
**½ teaspoon Italian herb seasoning**
**4 tablespoons butter or margarine, softened**
**4 ¼-inch-thick slices leftover meat loaf**
**4 1-ounce slices mozzarella cheese, quartered**

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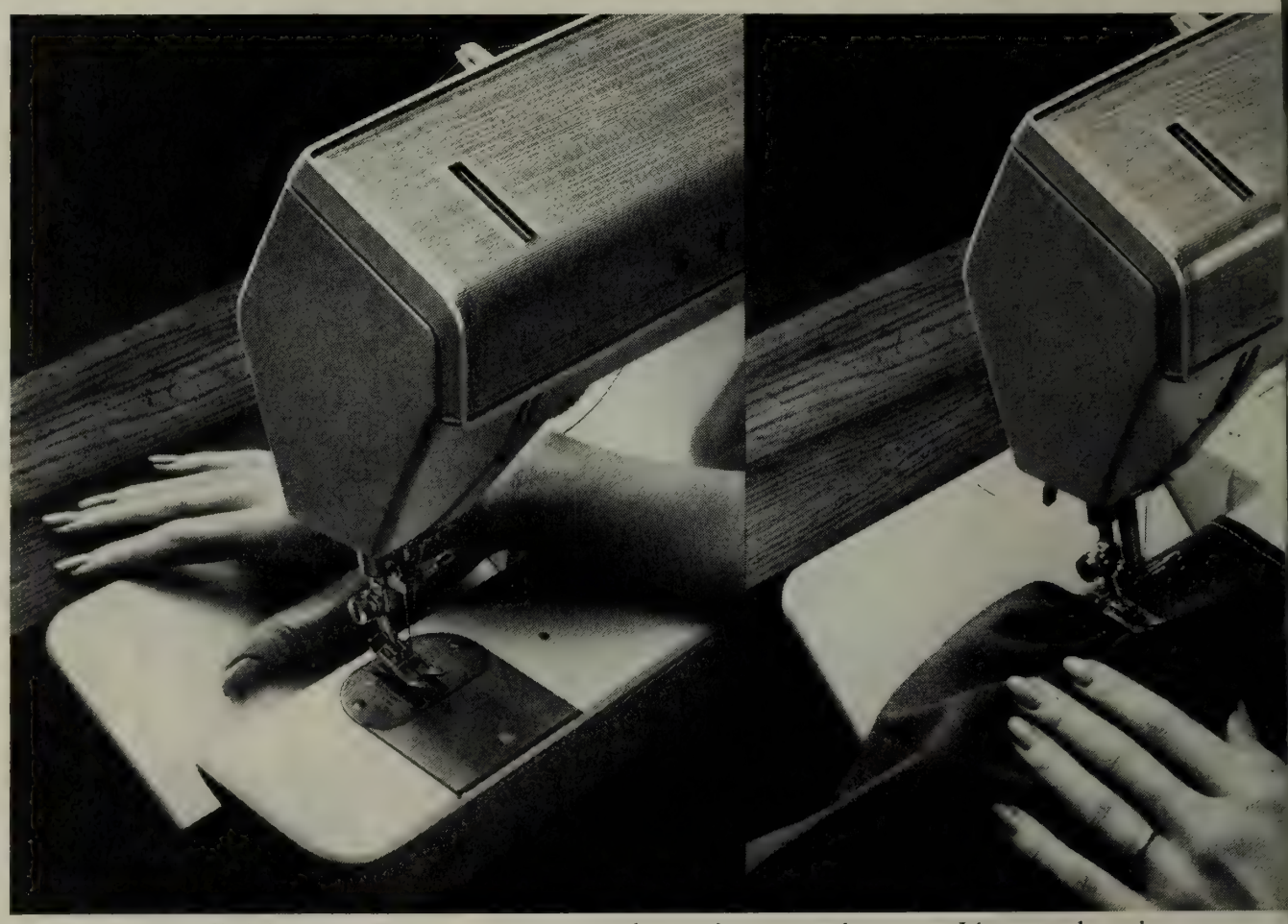
**Grated parmesan cheese**

Bake potatoes in 425° oven for 1 hour. Blend together salt, Ital-


# Flip & Sew*

*(two-way sewing surface)*

# The Singer Invention That Opens Up a Whole New World of Sewing Ease.



It's called the Flip & Sew two-way sewing surface.

Only Singer has it.

We invented it. It makes sewing hard-to-get-into things incredibly easy for you. And it's important to know how it works because when you do, you'll know why it's far superior to any "convertible" sewing machine.

## Here's how it works.

Our exclusive two-way surface has a hinged panel built into the flat sewing surface.

Flip the panel down. And the flat surface opens all around. So now you have a free arm surface you can slip work over.

Slide on a cuff to make buttonholes. Topstitch without twisting or pulling. Your work rotates smoothly. Gives you full visibility. And control. Sew into pant legs without opening seams. Finish waistlines. Set in neckbands. Attach elastic. You can even get into the most intricate contoured sections—like the arms of slipcovers—without the bulk of the fabric getting in your way. Then, when you want a flat sewing surface, you flip the panel up again.

It's as simple as that.

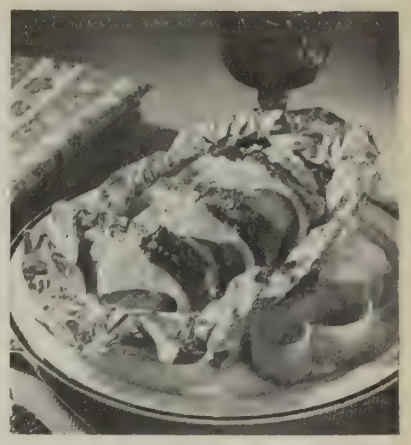
## Unique Swing-Away* cabine It's a Singer exclusive

Singer has even created a cabinet to go with the Flip & S surface.

It's the Swing-Away cabinet designed to make sure you always have a continuous smoo working surface.

Release a catch, and the cabinet top swings to a lower level. Now you can work with Flip & Sew panel flipped down Thus, if you're sewing into a

ian herb seasoning and butter or margarine. Remove potatoes from oven; cut each potato crosswise in fourths. Place each potato on piece of foil large enough to wrap potato. Spread butter mixture on cut surfaces of potato. Cut meat loaf slices to fit in potatoes. Sandwich one slice of meat loaf and one cheese quarter between cut edges of potato quarters. Sprinkle parmesan cheese over. Bring edges of foil together; seal securely. Reduce oven temperature to 350°; bake potatoes 10 minutes more. Garnish each serving with carrot curls, if desired. Makes 4 servings.






eve, the rest of the garment is pported at the proper sewing el. Without anything getting your way. To bring the cabinet up for a flat sewing surface, ply lift it. It glides back into ition again.



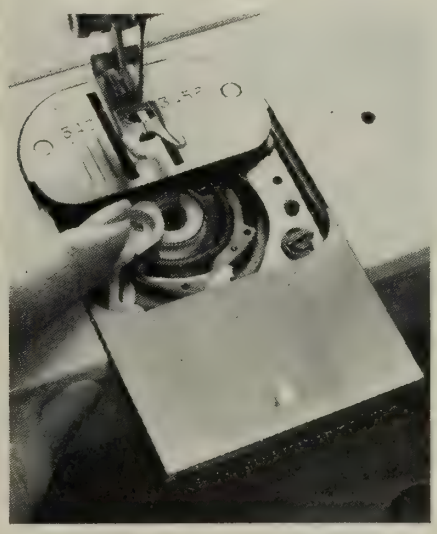
**Your bobbin is always where you can get at it.**

With the Flip & Sew two-way ing surface, your bobbin is ays on top. Right in front of needle. And whether the el is flipped up or down, you er have to remove extra tions to lift the machine out ts cabinet, or reach around or lerneath to get to the bobbin.

**ur push-button bobbin makes it even easier. s a Singer exclusive too.**

One of the finest Singer * chines with the Flip & Sew -way surface is the Futura * II ing machine.

It stars 16 exclusive features, including our famous push-button bobbin. It, too, is on top, right in front of the needle. And you don't even have to remove it to rewind it. Push a little button and the bobbin rewinds right in the

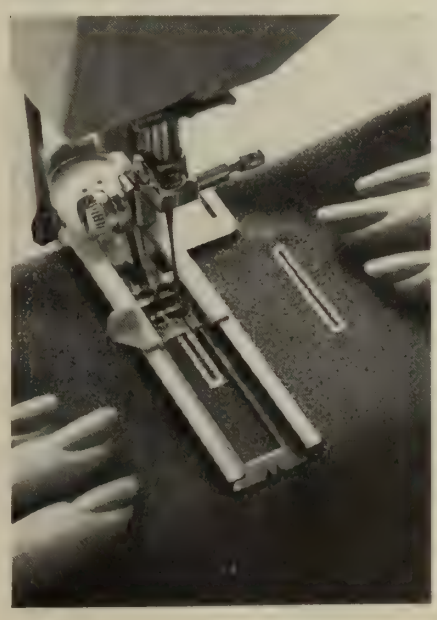


machine. With the thread that's in the needle.

**Buttonholes to fit your button.**

With the Futura II machine, you can actually make buttonholes to fit the button you want to use.

Our unique buttonholer takes your button, and makes the buttonhole to fit it. In just one step. No measuring. No mistakes. You can make a whole row of perfect, perfectly matched buttonholes. In minutes.



**All the stitches you'll really need.**

A range of the most needed, most used stitches is built into the Futura II.

These built-in stitches include our exclusive speed-basting stitch; a versatile zig-zag; a multi-stitch zig-zag; a blind hem stitch; a featherstitch; a honeycomb stitch; and an overcast stitch that both overcasts and joins in one operation.




**Now, you can get the Flip & Sew surface in your choice of Singer machines.**

The Futura II machine is, indeed, one of the finest Singer has ever made. And because its special feature—the Flip & Sew surface—is of such vital importance to every sewer—we've created a line of Singer machines—in a range of prices to fit any budget—with this exclusive Singer invention.

The five models go from a stretch-stitch machine to the first and only electronic home sewing machine in the world: The Athena* 2000 machine. And you can trade in your old one-way machine, for a great Singer machine with the Flip & Sew two-way sewing surface.

**SINGER**

There's no place like SINGER.


**BAKED POTATOES ELEGANTE**

*Arrange these fluffy twice-baked potatoes on a platter garnished with celery leaves—*

**5 medium baking potatoes**

• • •

**½ cup dairy sour cream**
**1 3-ounce package cream cheese, softened**
**2 tablespoons milk**
**2 tablespoons butter or margarine, softened**
**1 teaspoon onion salt**
**⅛ teaspoon white pepper**
**2 tablespoons chopped pimiento**

Bake potatoes in 375° oven for 70 to 80 minutes or till done. Cut slice from top of each. Scoop out insides; mash. Add sour cream, softened cream cheese, milk, softened butter or margarine, onion salt, and pepper; beat till smooth and fluffy. Stir in chopped pimiento. Fill potato shells with mashed potatoes. Return to oven and bake 15 minutes more or till potatoes are heated through. Makes 5 servings.



For tasty and different baked potato toppers try one of the following—

- Add crumbled bacon, sliced green onion, snipped chives, or shredded cheese to the traditional sour cream topping.
- For dieters, offer cottage or neufchatel cheese-chive combo.
- Soften one 8-ounce package cream cheese. Add ⅓ cup light cream; beat till light and fluffy. Add 1 tablespoon snipped chives, 1½ teaspoons lemon juice, and ½ teaspoon garlic salt; beat till blended. ■




# Try to guess from their hands.

The mother is Mrs. Margaret Altamirano, a San Francisco mother of five. The daughter is her teenage daughter, Mary Ann.

But just look at those hands! Can you tell them apart? It's really hard, because after years of washing dishes, Mrs. Altamirano's hands look almost as young as her own daughter's.

How does she do it? With some common sense hand care. And she's been using Ivory Liquid for twelve years. "It's really mild and gentle," she says, and she feels that Ivory Liquid helps keep her hands young looking.



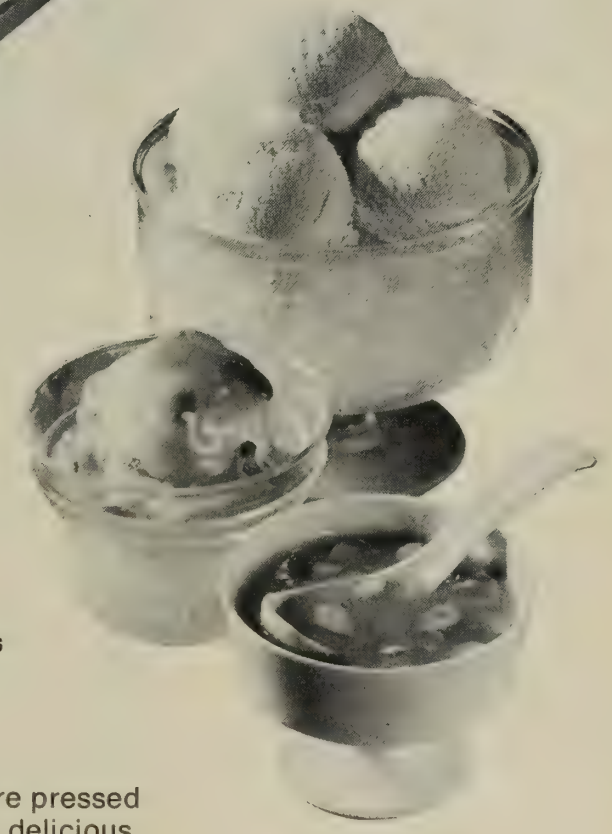

Look again. Can you! guess who's who from their hands? Turn to page 110 to see if you guessed right.

**Mild Ivory Liquid helps hands stay young looking.**





# Dinner for a foursome



Photographs: Dieter

**MENU**
**Dill-sauced Chicken Livers with Artichokes**
**Cranberry-Citrus Salad**
**Buttered Peas**
**Cashew Butterscotch Sundaes**
**Coffee**

No need to skimp on dinner just because you're pressed for time. Here's how to beat the clock and serve a delicious, nutritious meal, too.

1. Prepare the salad and dressing. Chill till serving time.
2. Make the ice cream sauce. Scoop ice cream into dessert dishes and place in freezer.
3. Cook the peas; prepare the rice.
4. Prepare the chicken liver entrée. Dinner's ready!

**ANBERRY-CITRUS SALAD**
*frigerate fruits the night before unopened cans—*
**8-ounce can jellied cranberry sauce, chilled**
**8-ounce can grapefruit sections, chilled and drained**
**tuce**
**cup mayonnaise or salad dressing**
**tablespoon honey**
**teaspoons vinegar**
**teaspoon celery seed**
Slice chilled cranberry sauce sswise in four pieces. Arrange nberry slices and grapefruit tions on lettuce-lined platter. nbine mayonnaise, honey, egar, and celery seed; serve dressing with the fruit salad. kes 4 servings.

**DILL-SAUCED CHICKEN LIVERS WITH ARTICHOKES**
*Easy with hollandaise sauce mix—*
**¼ cup chopped onion**
**2 tablespoons butter or margarine**
**16 ounces chicken livers, halved**
**1 envelope hollandaise sauce mix**
**½ teaspoon dried dillweed**
**¼ teaspoon salt**
**⅔ cup water**
**1 7-ounce can artichoke hearts, drained and quartered**
**Packaged precooked rice, cooked**

In 10-inch skillet, cook onion in butter or margarine till tender but not brown. Add chicken livers; cook quickly just till chicken livers are browned, about 3 minutes. Remove from heat. Push chicken livers to one side. Blend dry sauce mix into pan drippings in skillet; add dill and salt. Stir in water. Cook and stir over medium heat till thickened and bubbly. Add artichokes; reduce heat and simmer, covered, for 4 to 5 minutes. Serve on hot cooked rice. Makes 4 servings.

**CASHEW BUTTERSCOTCH SUNDAES**
*Another time, you may want to substitute peanuts or toasted pecans for the cashews—*
**½ cup packed brown sugar**
**1 tablespoon cornstarch**
**¾ cup water**
**1 tablespoon butter or margarine**
**¼ cup broken cashew nuts**
**Vanilla ice cream**

In 1-quart saucepan, stir together brown sugar and cornstarch. Add water. Cook and stir over medium-high heat till thickened and bubbly, about 5 minutes. Stir in butter or margarine till melted; add nuts. Serve warm over vanilla ice cream. Makes about 1 cup sauce.

Buying information, page 110

# Sears Whisper Glides

## No other line of drapery rods offers you more exclusive features.



### Sears Exclusive Rolled-Over Edges For Quieter Draw

Both inside edges of a Sears Whisper Glide track are rolled over and Teflon-S® coated so the carriers ride smoothly on a permanently lubricated surface. No other drapery rod has this feature.

### Sears Exclusive 5-Step Finishing

The strong-tempered steel in Sears Whisper Glides is put through *five* protective finishes:

1. Chemical cleansing
2. Galvanizing
3. Bonderizing
4. Acrylic priming
5. Baked-on enameling

What this means is that Sears Whisper Glides resist rusting, peeling and chipping. Even in the dampest climates. And the end result of such careful finishing is a drapery rod that draws smoothly and quietly.

### Sears Exclusive Two-Track Mechanism

The right side of your draperies draws on an independent track from the left side. This prevents your draperies from jamming or catching when you draw them.

To do this, Sears had the left track and slides designed slightly differently from the right, so your draperies would meet perfectly at the center. More work for Sears, less bother for you.

No other drapery rod has this feature.

### Ball Bearing Pulleys

Smooth pull with few tangles is the benefit of the two ball bearing pulleys in each rod end casing and the one at each side that is secured to the floor.

### Sears Exclusive Non-Tilt Carriers

A beautiful drapery hangs straight down. Vertic With no angle-in toward t wall at the pinch pleat.

Sears Whisper Glides have non-tilt plastic carrie Designed with a long back keep drapery pins hanging straight down, so your drap eries will hang straight dow

### Extra Strong Long Lasting Cord

Inside Sears Whisper Glide cord are *three* strand of intertwined Fiberglas® glass for extra strength.

Outside, the cord is co ered with durable polyeste closely woven and silky-smooth for an easy draw.

### ears Exclusive "Draw From Both Ends" Feature

No other drapery rod you can buy has it. You n open or close your draperies from the end earest you. It's a joy!

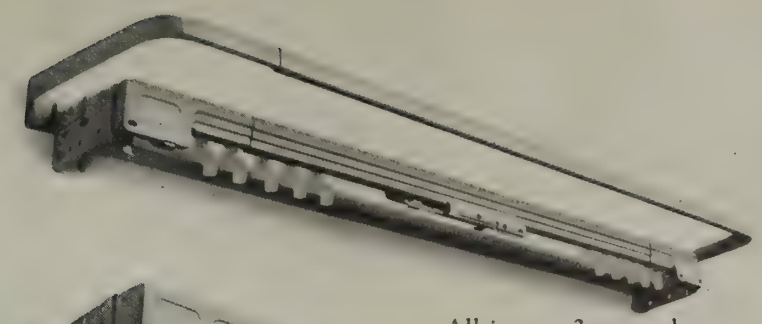
Or, if your particular drapery treatment mands a single draw rod, Sears Whisper lide drapery rods come that way, too.

### More Steel Makes Them Much Stronger

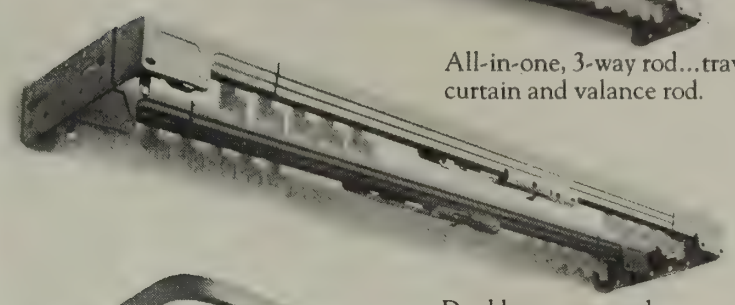
Size for size, Sears Whisper Glides are built th more steel than competitively priced rods. hat's more, the steel is strong-tempered and rmed in girder beam shape.

Even the heaviest triple treatment (drapery, eer, valance) is designed not to sag when ld up by a Sears Whisper Glide.

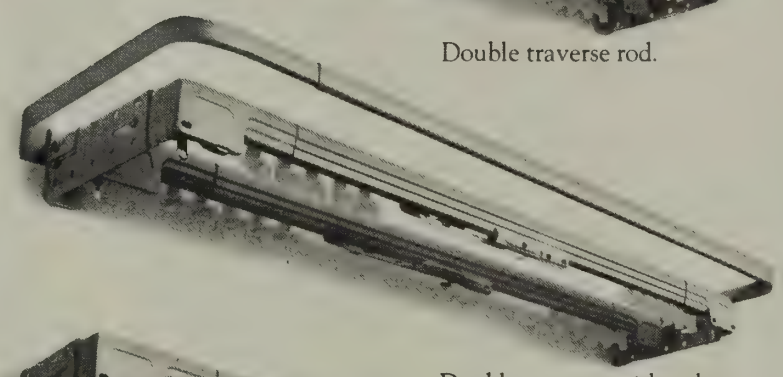
You can mount most styles on your wall, sement or ceiling. They're built for easy, all-rpose installation.



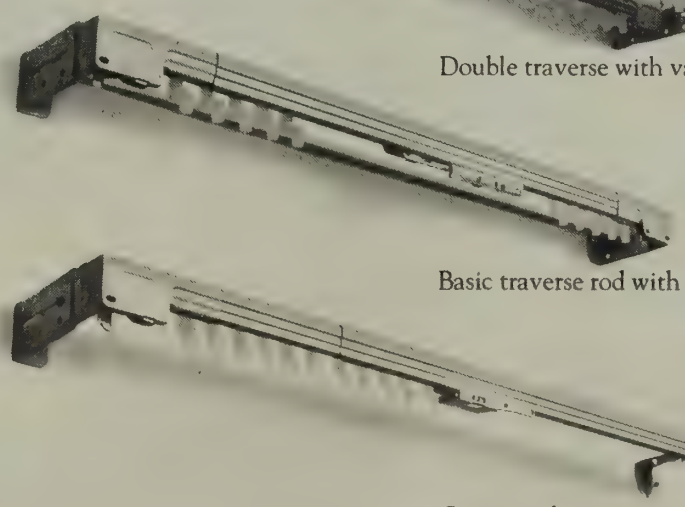
All-in-one, 3-way rod...traverse drapery, stationary curtain and valance rod.



Double traverse rod.



Double traverse with valance rod.



Basic traverse rod with stationary curtain rod.



One-way draw traverse rod.



Basic traverse rod. Curtain rod socket at rear.

### Big Selection of Styles and Sizes

No matter how simple complex your drapery treatnt, Sears Whisper Glides ve the right type rod for you. ngths up to 26 feet. All justable to fit any window. nd most styles come with ilt-in sockets for stationary ers—optional equipment many other drapery rods.

### Exceptional Quality Reasonable Price

No other line of drapery rods offers you as many features as "Sears Best" Whisper Glides. Yet Sears prices will surprise you! At most larger Sears, Roebuck and Co. stores now and in the catalog.

*Sears ✱ Best*

**Whisper Glide Drapery Rods Only at**

**Sears**

# Painful elimination is unnatural.

Many people have experienced the pain of dry, hard stools. And many have come to accept this, as if it were a natural part of elimination.

But there's nothing natural about it.

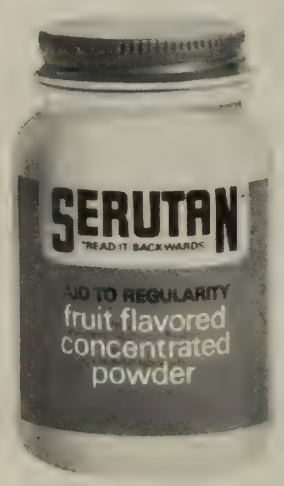
No matter what your age, you should have comfortable elimination.

And Serutan makes this possible.

Serutan is the effective laxative that forms a smooth gel in the lower digestive tract, where it combines with intestinal waste to give you comfortable relief.

There's no strain, and no cramps. That's because Serutan, with its natural ingredients, adds the necessary moisture and bulk to work *with* your system for smooth, easy results.

If you suffer from painful elimination due to constipation or dry, hard stools, try Serutan. You'll be very comfortable with it.





BY ROBERT A. DICKELMAN

# The complete workbench

This eight-by-two-foot workbench puts everything at your fingertips and protects your small projects from sawdust and dirt. A 24-inch section of the work surface opens to reveal a dust-free space that's perfect for soldering and other detail work—and for storing precision tools.

The 2x4 mounted across the back of the bench has ½-inch holes to keep tools handy. In the left end of the workbench, there's a bin for stashing rags until you need them for cleanup.

All drawers are recessed, so there's nothing to get caught on. And, those recessed areas are a good place to mount clamps for your big projects.

The drawers are dadoed and hung on strips—but you could mount them on plastic or aluminum runners. The lower cabinets have fixed shelves, and the sliding hardboard doors are mounted on aluminum tracks.

A full-length baseboard, recessed for generous toe space, supports the bench and stops dropped tools from rolling out of reach. The ¼-inch tempered hardboard top—finished on both sides and tacked in place—can be turned over for extended life.



The lid swings on offset hinges, so the working surface remains smooth when the lid is closed. And, light and power are close at hand—an under-cabinet fluorescent fixture and convenience outlet are mounted inside the lid.

Our bench is 42 inches high, but you can custom-fit it to your own needs. As a rule of thumb, make the top of the bench even with the top of your pelvic bone so you can work comfortably without bending over.

**Better Homes and Garde**
**Project Plan #50283**
**To order, see page 117**

Photographs: Hopkins. Designer: David Ashe



# New Salem Lights




**Lowered "tar."**

**Same fresh taste.**

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

12 mg. "tar", 0.9 mg. nicotine av. per cigarette by FTC method.

**Buying Guide**

For your convenience, we list names and addresses of manufacturers of most of the products pictured in each month's issue. This month, see page 110 for this shopping information.





At $6.00 each,
these Fostoria lead crystal bud vases are a good buy.

At $2.95 each, they're probably the bargain of the year.

(And if you really like to bargain,
we'll let you have two for only $5.00!)

Go ahead. Indulge yourself (and other people you like) with the luxury of lead crystal. And satisfy your practical side by taking advantage of these very special prices. Fostoria companion pieces can be found in gift shops, jewelry and department stores wherever nice things are sold. Order as many as you like, but do it today.

Fostoria
We've been working on your crystal for 88 years.

A LIMITED WARRANTY TO CONSUMERS
Good Housekeeping
PROMISES
REPLACEMENT OR REFUND IF DEFECTIVE

*Mail this coupon to:*
Fosdick Corporation Bud Vase Offer • Box 2128, Meriden, Connecticut 06450

Send me____Bud Vase(s) BV-1 @ $2.95 each or $5.00 per pair.
Send me____Bud Vase(s) BV-2 @ $2.95 each or $5.00 per pair.
Send me____Mixed pairs BV-1 and BV-2, @ $5.00 per pair.
*Enclosed is my check or M.O. for $*_____.
I've included 25¢ for postage and handling.

Name
Address
City
State Zip BHG 2

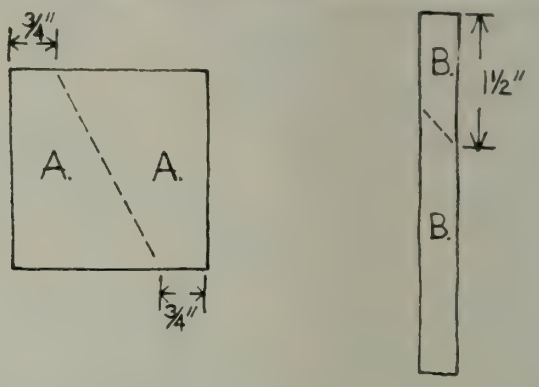
Offer good in U.S.A. except where restricted, taxed or prohibited by law. Allow 28 days for delivery. Fostoria lead crystal is a product of Fostoria Glass Company. Flowers not included in this offer.

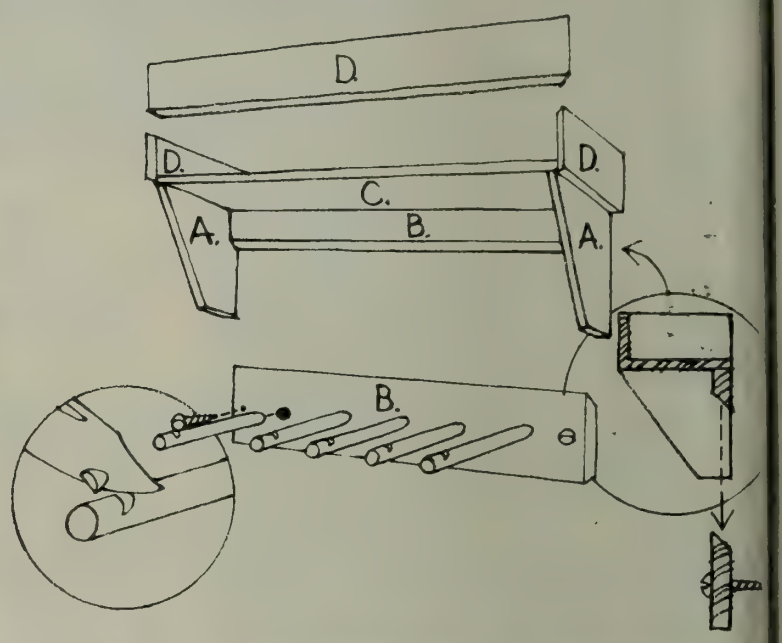

# Step-by-step project scrapbook

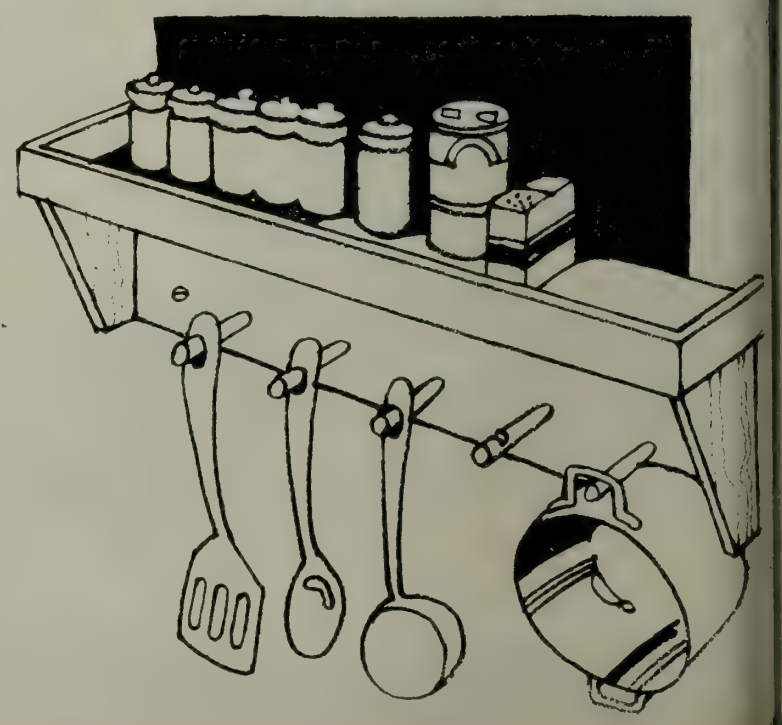
**This handy shelf is small enough to go almost anyp[where]. Although it's shown as a kitchen shelf—with the top part e[asily] detachable from the bottom—you could use it as a jewelry [or] makeup shelf, too.**

## KITCHEN WALL SHELF

MATERIALS:
A. 1x6 – SQUARE (CUT DIAG.)
B. 1x6 – 34½" LONG (CUT DIAG. 45°)
C. 1x6 – 36" LONG SHELF
D. 48"x1¼"x¼" LATTICE C[UT] TO FIT SHELF
E. 5 PCS. – ¼" DOWEL – 3" L[ONG]



# Put your plants to work for you with

# Foliage House Plants

## your introduction to THE TIME-LIFE ENCYCLOPEDIA OF GARDENING




TIME LIFE BOOKS

Book size 8½″ x 11″; each volume 160-176 pages, 40,000 words, over 100 full-color photographs, plus dozens of line drawings, charts, diagrams.

### The plant boom is on

All across the country—in suburban split-levels and big-city apartments—people are discovering the challenge, the pleasure, the satisfaction of doing something new and exciting with plants. In *Foliage House Plants*, your introductory volume to THE TIME-LIFE ENCYCLOPEDIA OF GARDENING, you'll discover hundreds of ingenious ways to work with plants. Special illustrations show you how to make a bottle terrarium, a window greenhouse. And you'll find solid, no-nonsense advice on how to keep your plants healthy and happy. Here are some of the exciting things you'll discover in *Foliage House Plants*.

#### Hang It, Trail It, Train It, Bottle It . . .

*Foliage House Plants* will show you how to use scale, emphasis and repetition to solve key decorating problems. You'll learn how to divide a large room into intimate areas with plants; how to shorten a long, narrow room with plants; how to round out troublesome corners with plants. We've included full-color photographs and how-to drawings to show you exactly what we're talking about.

#### One Man's Cactus Is Another Man's Schefflera

The tremendous variety of house plants available today allows you to create the exact decorating effect you want. There are foliage house plants to suit every taste, every budget. *But how can you tell what they look like from a lot of Latin names?* That's why *Foliage House Plants* includes full-color paintings of 103 genera house plants. You'll also find a six-page chart listing the characteristics and special uses of 239 varieties of house plants.

#### Getting The Most Out Of Your Green Thumb

Unlike flowering plants, whose blooms last only a week or two, foliage house plants provide pleasure and beauty year round, year after year. Provided they receive the proper attention. *Foliage House Plants* offers you advice from an expert—James Underwood Crockett, the eminent horticulturist. He'll show you how to start plants from stem cuttings, how to provide the proper light, how to use fertilizer properly.

#### Try Foliage House Plants FREE For 10 Full Days

Enjoy *Foliage House Plants* for 10 days as the guest of TIME-LIFE BOOKS. Try some of the decorating ideas. Look over the spectacular illustrations. If you decide to keep it, you pay just $6.95 plus shipping and handling. We'll then enter your subscription to THE TIME-LIFE ENCYCLOPEDIA OF GARDENING, and other volumes will be shipped to you one volume at a time, approximately every other month. If you wish to return any volume, you may do so within 10 days without any obligation whatsoever.

Each volume in THE TIME-LIFE ENCYCLOPEDIA OF GARDENING offers the same unique qualities as *Foliage House Plants*. Solid information. How-to illustrations. Easy-to-follow directions. In *Vegetables and Fruits*, for example, you'll learn how to get maximum use out of a small vegetable garden. In *Annuals* we'll help you to plan a garden that will bloom from early spring up to the first frost.

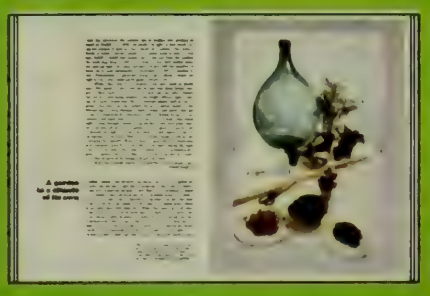
Why not begin your horticultural adventure today with *Foliage House Plants?* Use the coupon below or write to TIME-LIFE BOOKS, Time-Life Building, Chicago, Illinois 60611.



Massed foliage, like that of bird's-nest ferns, gives an empty fireplace an elegant look in summer, especially when framed by a pair of stately paradise palms.



Plant boxes set on casters can be arranged in a variety of ways to divide a long room or create an entrance hall where none exists.



**TIME-LIFE BOOKS** BQBK93
**541 NORTH FAIRBANKS COURT**
**CHICAGO, ILL. 60611**

Yes, I would like to examine *Foliage House Plants*. Please send it to me for 10 days' free examination and enter my subscription to The TIME-LIFE ENCYCLOPEDIA OF GARDENING. If I decide to keep *Foliage House Plants*, I will pay $6.95 plus shipping and handling. I then will receive future volumes in The TIME-LIFE ENCYCLOPEDIA OF GARDENING series, shipped a volume at a time approximately every other month. Each is $6.95 plus shipping and handling and comes on a 10-day free examination basis. There is no minimum number of books that I must buy, and I may cancel my subscription at any time simply by notifying you.

If I do not choose to keep *Foliage House Plants*, I will return the book within 10 days, my subscription for future volumes will be canceled, and I will not be under any further obligation.

Name.....
(please print)

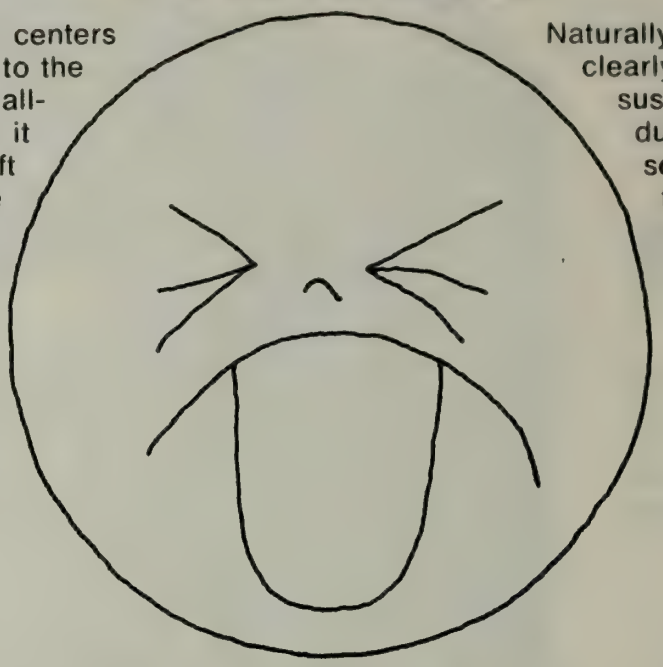
Address.....Apt.....

City.....

State.....Zip.....

# ACCIDENTAL POISONING!

There are nearly 600 poison control centers across the country, stark testimony to the fact that accidental poisoning is an all-too-common occurrence. And when it does occur, it often demands swift action to save the victim's life. Since an estimated 80 percent of such accidents take place in the home, it's quite possible that one day a poisoning victim's fate will be in your hands. Could you cope?



Naturally, prompt medical treatment is clearly called for in all cases of known or suspected poisoning, even those producing symptoms that seem no more serious than an upset stomach. But it takes time for help to arrive, or for you to get the victim to a doctor or hospital. In that span of time, you might be called on to take the necessary first aid measures. Here are four steps you can follow.

## WHAT SHOULD YOU DO?

### 1. IDENTIFY THE POISON

Before you can really cope with a case of poisoning, you should have at least some idea of what caused it. Effective treatment often depends on the nature of the substance. First aid attempts based on guesses could lead to further complications.

It's possible that the victim, or an observer, might be able to identify the poison. But if not, you should first look for an empty (or partially empty) container of a potentially dangerous substance. Some likely suspects would be household cleaning preparations and disinfectants, personal grooming products, and items from the medicine cabinet, along with painting, gardening, repair, and plumbing supplies. In some cases, the product is clearly marked "Poison" and the chemical content is listed on the container, occasionally with the specific antidote to the poison. If the container you find held a prescription medicine, and only a number appears on it, call your pharmacist immediately.

Clues to the identity of a poison can also sometimes be detected on the victim's clothing, where some of it may have dropped, or on his breath, which might retain the distinctive odor of gasoline, turpentine, moth repellent, nail polish remover, ammonia, or bleach. Patches of discoloration on the lips, face, or hands might also be significant.

It pays, incidentally, to learn in advance about potentially harmful substances you are housing—by carefully reading the labels on the items you buy. The fact is that thousands of such products are stacked upon merchants' shelves today, and you probably pick up a few of them every time you shop. Some, like oven cleaners and insect sprays, are obviously poisonous; others need to be inspected carefully.

### 2. SUMMON HELP

Whether or not you succeed in identifying the poison, and without waiting for symptoms to appear if there are none, phone for help. Better still, have someone else do it, if possible, so you can stay with the victim while the call is being made.

Contact your doctor, local hospital, or poison control center for advice on what you can do. (Poison control centers are particularly helpful because they are specifically prepared and trained to handle such calls.)

Here again, a bit of foresight can serve you well, so keep these emergency numbers readily accessible at all times. And bear in mind that whoever calls for help probably will be asked to supply the following information:

● **The age of the victim.** The age and size of the victim are important considerations in determining the course of action to be taken, as well as in estimating the danger. A substance that may leave an adult unaffected could prove to be poisonous to a child.

**continued**

### 20 WAYS TO PROTECT YOUR FAMILY AGAINST ACCIDENTAL POISONING

**1.** Don't stock up on chemicals used in gardening, painting, and home repair; buy exactly the amount you need for a job.
**2.** Before you bring a plant into your home, find out if it is poisonous. Warn children never to nibble on plant leaves.
**3.** When purchasing drugs and cleaning preparations, choose containers with child-proof caps whenever possible. And re-secure the safety device after use.
**4.** Store drugs and potentially dangerous products in hard-to-reach places; if possible, keep them under lock and key.
**5.** Keep medicines and first aid supplies out of food cabinets. Tell your children not to swallow *any* unknown substance.
**6.** Take special pains to guard tablets that are candied, flavored, or colored.
**7.** Keep all household products and medications in their original containers until you're ready to dispose of them.
**8.** Date all drug supplies when you buy.
**9.** Seal poisonous substances shut with strong tape when they're not in use.
**10.** Each time you use a drug, chemical, or other household product, carefully read the directions for safe use.
**11.** Don't use aerosol sprays where there's a chance they might contaminate food.
**12.** Replace medicine labels that are becoming illegible.
**13.** Don't place medications in look-alike containers side by side.
**14.** Before measuring doses of liquid medicine, shake the bottle thoroughly.
**15.** Never take, or give, medication in the dark, or from an unlabeled container, or when you are distracted by other matters.
**16.** Make it a rule to administer a prescribed medication only to the person for whom it was intended.
**17.** Avoid taking medicines within the sight of small children.
**18.** Never make a game out of administering medication to a child.
**19.** Throw away prescription medicine as soon as the illness for which it was prescribed is over.
**20.** Dispose of unwanted medicines and other possibly harmful products by pouring them down the drain or flushing them down the toilet.

# Your back wakes up feeling great... It's a Sealy Posturepedic morning.



More than just a firm mattress, Posturepedic® is a unique back support system. It's designed in cooperation with leading orthopedic surgeons for firm, comfortable support.

Under six layers of surface cushioning, there are specially spaced "body-action" coils for lasting support. The patented torsion bar foundation provides extra firmness and durability.

Posturepedic promises no morning backache from sleeping on a too-soft mattress. There's no other mattress like it.

**SEALY POSTUREPEDIC**
**The unique back support system.**



Sealy®

Posturepedic Royale from $129.95* ea. pc. twin size; Posturepedic Premier from $149.95* ea. pc. twin size. *Suggested retail price; may vary in Canada.

*The Sealy 95th Anniversary Celebration is here!*
*See outstanding Sealy mattress values on the following pages...*

# Sealy 95th Anniversary Days

Right now is the best time to buy a new mattress. Participating stores are celebrating Sealy's 95th Anniversary with exceptional once-a-year values from the makers of famous Sealy Posturepedic.® Shown here are just a few samples of what you'll find.

The Sealy Slumber Guard with luxurious cover formerly used on a Sealy Posturepedic. The Sealy Flex Guard, reduced $12-$42 below former nationally advertised prices. Both on sale during this Sealy Anniversary celebration.

If you've been thinking about a new mattress, this is the time to buy. Don't wait.

Sealy



Other Anniversary Values:
Sealy Firm Guard from $79.95* ea. pc. twin size. Sealy Supreme Guard from $89.95* ea. pc. twin size. Sealy Ultra Guard from $99.95* ea. pc. twin size.

© 1976, SEALY, INC., MERCHANDISE MART, CHICAGO, ILL. 60654. T.M. REG. U.S. PAT. OFF.


out a prescription in one-ounce bottles at most drug stores, and if you have small children it should always be available in your home. If you don't have syrup of ipecac in the house, try to make the victim vomit by tickling the back of his throat gently with your finger or the blunt end of a spoon. However, should you be unsuccessful in getting him to vomit within five minutes, take him immediately to a doctor or hospital. If possible, take a basin with you when you go, in case he vomits along the way. And be sure to bring along the container of poison for positive identification.

If the victim is a child, position him face down on your lap with his head lower than his hips when he vomits, in order to keep the vomited poison from dripping back into his throat. An adult can be positioned with his head off a bed.

### 4. COUNTERACT THE POISON

Even if you don't know what the poison is, it helps to dilute the contents of the victim's stomach by having him drink a glass or two of water without delay. This tends to minimize injury and delay absorption of the poison into the stomach. Then, depending on the substance the victim swallowed, follow up with several (three or four for adult, one or two for a ch glasses of water containing a *neutralizing substance*.

Neutralizers contain eleme that are the opposite of those t caused the poisoning, and the fore counteract them. Milk magnesia, which is an alk neutralizes strong acids such those contained in, for exam toilet bowl and pool clean mild acids—water and vinegar lemon juice, for example—t to offset the effects of harsh al lies like drain and oven cleaner

Perhaps the quickest way counteract swallowed poisons to administer an antidote m from activated charcoal. A vated charcoal (with the U.S designation) is available with prescription from most d stores as a dry, gray powder. Y can mix a couple of tablespoo in a glass of water to produc "swill" that can be given to c dren or adults. This antidote m safely be given, regardless of nature of the poison.

At one time, a concocti made from burned toast, tea, a milk of magnesia was thought be a universal antidote. *Not* Burned toast will not absorb a toxins. It makes a mess, was time, and wrongly leads the p soning victim to believe he been effectively treated. ■

continued

## Accidental poisoning

● **The kind and amount of poison ingested.** If you don't know the exact name of the poison, but do know what it is used for—to induce sleep, to encourage weight loss, to polish furniture, or whatever—this information will also be helpful. Estimate the amount consumed from what remains in the container, if you've found it.

● **Any symptoms that are noted.** Report drowsiness, dizziness, abdominal pains, nausea, vomiting, a burning sensation in the throat or mouth, visual disturbances, or unusual behavior. Describe the victim's appearance and general condition; state whether the illness or pain came on suddenly or gradually.

● **When the poison was swallowed.** How long the poisonous substance has been in the victim's system is an indication of the extent of injury and has a vital bearing on the treatment.

● **Attempts at treatment that may have been made.** Instructions on how to proceed will take into account first aid already administered.

● **How long it would take you to get the victim to a doctor or hospital.** Your location may be a deciding factor in saving valuable time.

As to the instructions you may receive on the phone, they should be carefully written down, not entrusted to memory, and then followed to the letter.

### 3. INDUCE VOMITING

In most cases of poisoning, vomiting should be induced, but there are some notable exceptions. One is, of course, when the victim has vomited spontaneously. Another is when he is not fully conscious. A third is when he has swallowed a substance that can cause further injury if he vomits. Vomiting a strong alkali or acid, for instance, can cause additional burns in the already burned air or food passages, and vomiting oil substances can lead to pneumonia if they seep into the lungs.

To be on the safe side, induce vomiting only on the advice you receive from a doctor or poison control center.

To induce vomiting, you can give the victim *syrup of ipecac* as soon as possible. Syrup of ipecac can be purchased with-


COVER FORMERLY USED ON A SEALY POSTUREPEDIC.

$68.00* ea. pc. twin size



SEALY SLUMBER GUARD.® Styling elegance with a lux ous cover from Sealy's finest. Richly quilted to layers comfort. Firmness from hundreds of tempered coils torsion bar foundation.

Full size, ea. pc. $88.* Queen size, ea. pc. $118.* King size, 3-piece set $318.*

*Prices on this page are suggested retail prices; may vary in Canada

$12 TO $42 BELOW FORMER
TIONALLY ADVERTISED PRICES.
$78.00* ea. pc. twin size
was $89.95*



Y FLEX GUARD®. Specially reduced for this event.
now on all sizes for same comfort under gold damask
ng, same firmness that was priced higher yesterday.
tstanding Sealy value.

e, ea. pc. was $109.95*, NOW $98*
size, ea. pc. was $139.95*, NOW $128*
ze, 3-pc. set was $399.95*, NOW $358*

Sealy.

## PROBLEM

**Your last gas water heater gave out before its time, and you don't want a repeat performance from your new one.**

## SOLUTION

Follow these guidelines: (1) Never turn off the pilot light or lower the temperature on your heater when you will be away from home for any length of time. And if you discover that the pilot light is out, relight it immediately. The object is to avoid subjecting the heater's fragile lining to the stresses of expansion and contraction—the main causes of failure in all fired pressure vessels. (2) Use the valve on the side of the unit to drain off at least three gallons of water every 60 days. This reduces the mineral deposits that collect at the bottom of the tank and inhibit efficient operation. (3) Check the burner under the bottom of the heater to be sure it's producing a clear blue flame. If not, adjust the primary intake on the burner. (4) Keep the firebox and the space under the heater free from cobwebs, dust, and debris to assure an ample supply of secondary air to the burner. (You'll also reduce the fire hazard at the same time.)

## PROBLEM

**Loose-fitting dowel joints on furniture.**

## SOLUTION

Coat the dowels with glue, wrap monofilament fishing line tightly around the dowels, then force them firmly into the joints. Monofilament line also comes in handy for patching torn screening, hanging a plumb bob, even steadying a tipsy Christmas tree. It's a good idea to keep about three sizes of mono in your shop—ten, 50, and 100 pound test. ■

Do you have some do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools, & Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, Ia. 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy used. No materials will be returned to the sender, and all submissions become the property of Meredith Corporation. We do not accept previously published ideas.

A REGULAR FEATURE DESIGNED TO MAKE ROUND-THE-HOUSE JOBS EASIER FOR YOU

# TIPS TOOLS & TECHNIQUES

you find yourself becoming your own carpenter, electrician, mber, and all-around repair person, this new series is for you. n installment will include a variety of around-the-house tips elp make you a better "keeper of the house." And if you've overed a good shortcut or have learned something the hard we encourage you to share your idea with other readers. ck the box for details.

## PROBLEM

**e neck of your previously opened cartridge of silicone er caulking is clogged with solidified rubber.**

## SOLUTION

am out the rubber with an electric drill, then immediately off the bit.

## PROBLEM

**nge screws driven into the end-grain edges of plywood pulled loose.**

## SOLUTION

r small-diameter screws, cut slivers of wood, coat them white glue, and tamp them into the old holes. Wait an hour e glue to set, then pre-drill new holes. For larger screws, hort pieces of dowel.

ALWAYS YOUR BEST VALUE FOR
SUPPORT AND FIRMNESS.
$109.95* ea. pc. twin size



SEALY POSTUREPEDIC IMPERIAL. Famous Posturepedic® support, comfort and firmness that's built to last. Select the very best so you can enjoy Sealy Posturepedic mornings for years to come!



Sealy.

Full size, ea. pc. $129.95* Queen size, 2-piece set $319.95* King size, 3-piece set $459.95*

*Prices on this page are suggested retail prices; may vary in Canada.

# Buying beef in quantity

There's a sizable difference between buying a steak and investing in a side or a quarter of beef. You probably have doubts about buying something as unfamiliar to your food budget and shopping experience as a beef carcass. Sharpen your pencil and we'll get into the arithmetic of whether you really can save. But remember, there's another angle to buying beef in large quantities that hasn't anything to do with savings: namely, many people specifically select top-quality beef in quantity and have it cut exactly the way they want it. Now, here are some basics to consider:

- There is more to beef than steak. Will your family eat pot roasts, brisket, and stew meat, too? What isn't eaten is wasted and costly. Also, how much does your family eat? Meat, even when frozen at a safe level of 0° F. or lower, has a limited storage life. Ground beef can be frozen safely for three to four months, and the other cuts will store for about eight to 12 months.
- Buy your meat from someone you can trust. Avoid those tempting ads that offer something for nothing. No dealer can afford to give away meat, and the reputable ones won't pretend to. Check with the Better Business Bureau where you live if you have any doubts about the supplier's integrity. Friends who have had experience with buying meat in quantity are also good references.
- As a general rule for making weight estimates on carcass beef, count on 25 percent waste, 25 percent ground beef or stew meat, 25 percent steak, and 25 percent roasts.
- If you buy a beef quarter, be aware that the forequarter has more salable meat than the hindquarter and costs less, but also is made up of less tender cuts. Sometimes you can save more by watching the supermarket specials for pot roasts and ground beef than by purchasing a forequarter. The hindquarter will be more costly per pound than either a forequarter or half, but it contains the round, sirloin, and short loin where the most tender steaks and roasts are located.
- The *round* inspection stamp for wholesomeness is required for all meats sold in the United States. This guarantees that the meat is not contaminated at the time the stamp is applied. *Shield-shaped* inspection marks indicating meat quality are completely voluntary gradings that meat markets must pay for themselves. However, the federal government does regulate this inspection to



▲ Peas and Celery



▲ Peas and Cauliflower with Cre



▲ Corn and Peas with Tomatoes

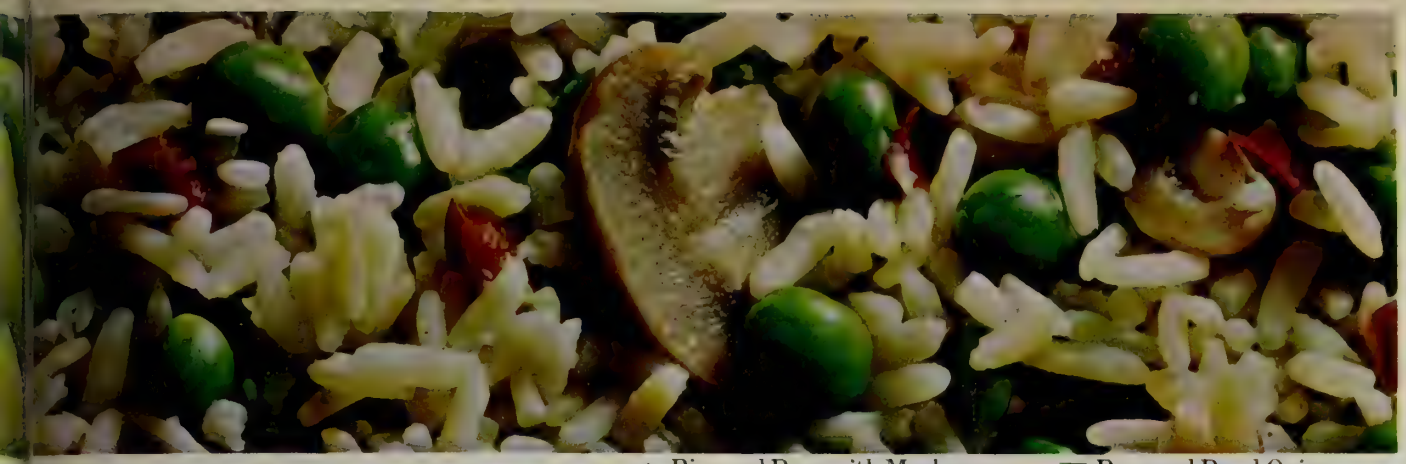


▲ Mixed Vegetables with Onion S



▼ Peas and Potatoes with Cream Sauce ▲ Peas with Sliced Mushrooms





▲ Rice and Peas with Mushrooms ▼ Peas and Pearl Onions



# rds Eye® peas will do almost anything to get your husband's attention.

little peas. They're the favorite vegetable of a lot of husbands, but all hemselves, they're not the sort of vegetable that cause a lot of ement at dinner. Your husband probably doesn't even notice them.

That's why Birds Eye® put peas in Combinations with lots of other things.

Like Peas with Pearl Onions, Peas with Mushrooms, and Peas with m Sauce. They're more delicious than plain peas. And a lot more esting.

They try so hard to get attention, your husband can't help but notice.

Of course, peas aren't the only vegetable that could use a little tion. So Birds Eye makes many other tasty bination Vegetables, too. Like Carrots with n Sugar Glaze, for instance. And French n Beans with Toasted Almonds.

But, all in all, no vegetable comes in as Combinations as peas.

Because when you're as common as a pea, ry to get attention in as many ways as you can.




**Birds Eye® Combinations.**
**The first vegetables your husband might even notice.**

ographs are approx. 2 times actual size.


ensure uniformity. These shield-shaped marks indicate quality levels from highest to lowest: prime, choice, good, standard, and commercial. Choice is most often selected by general consumers. Yield grades are also stamped on the carcass but are not related to quality. They indicate the amount of salable meat. Ask to see inspection labels before the carcass is trimmed.

- Beef is sold by the hanging or gross weight. You pay for the entire weight of the carcass, including bones and fat before cutting and trimming.
- Yield grade is the expected yield of closely trimmed retail cuts from a carcass. Be sure to ask your butcher to show you the grade which has been stamped on the carcass. If the carcass isn't marked with a grade level, you can get a good idea of the amount of salable meat by looking at the thickness of the fat covering the rib eye muscle. The lower the yield grade, the more usable meat there is:

| Yield Grade | % salable meat |
|---|---|
| 1 | 79.8 or more |
| 2 | 75.2 to 79.7 |
| 3 | 70.6 to 75.1 |
| 4 | 66 to 70.5 |
| 5 | 65.9 or less |

- To determine the actual price per pound of salable meat (remember you pay for the hanging weight before the cutting and trimming), divide the price per pound by the yield grade percentage. If you buy a 300-pound side of choice beef (before trimming) with a Yield Grade 2 for 85 cents per pound, the actual cost per pound of salable meat is

$$\frac{85}{79.7} = \$1.07$$

$$\frac{\text{Price per pound}}{\text{Yield grade \%}} = \text{Actual cost per pound}$$

Check with your meatman to see if the price he quotes includes wrapping and quick freezing; if not, you must also include this charge in the cost.

- When you buy a quarter or side of beef, there is a large cash expenditure. Can your household budget stand a $300 cash outlay for a half? If so, you can plan on lower grocery bills in the months to come because most of your meat is in the freezer. If you plan to buy on credit, though, forget the savings aspect of bulk meat buying; the interest charges will wipe out almost any savings.
- Do you have enough freezer space to store the meat, or will you have to rent locker space? An average side of salable beef weighs about 325 pounds. And it takes about one cubic foot to store 30 to 40 pounds of cut and wrapped meat. A 17-cubic-foot refrigerator with top freezer has about four to five cubic feet of freezer space. ■

# QUICK GUMBO

A political science instructor, Thomas Beck of Des Moines, Iowa, has a novel vote-winning technique. He invites appreciative co-workers and friends to enjoy the delicious dishes he cooks up himself. The Quick Gumbo recipe Tom submitted to our column is one of his best crowd-pleasers. Tom seasons canned gumbo soup, frozen okra, and an assortment of canned vegetables and seafood with herbs and bacon to create this ultra-fast and easy version of the Creole favorite.





Photographs: Dieter

In half an hour, Tom and guests can sit down to a feast of gumbo, tossed or fruit salad, and chilled white wine.

**QUICK GUMBO**

*To partially thaw the okra in a hurry, pour hot water over the block of vegetables, separate the okra, and drain—*

- **1 cup uncooked brown rice**
- **1 10-ounce package frozen whole okra, partially thawed**
- **1 16-ounce can stewed tomatoes, cut up**
- **1 can condensed chicken gumbo soup**
- **1 8-ounce can oysters, undrained**
- **1 7½-ounce can minced clams, undrained**
- **½ cup chicken broth**
- **½ teaspoon dried thyme, crushed**
- **¼ teaspoon crushed red pepper**
- **1 bay leaf**
- **4 slices bacon, crisp-cooked, drained, and crumbled**
- **1 teaspoon filé powder**

Cook rice according to package directions; keep hot. Break okra apart; cut pieces in half crosswise. In large saucepan, combine okra and remaining ingredients *except* bacon, filé powder, and rice; bring to boiling. Cover and simmer 15 minutes. Remove bay leaf. Stir in bacon and filé powder. Ladle gumbo into serving bowls over cooked brown rice. Makes 6 servings.

**WANTED: RECIPES MEN LIKE TO COOK**

*Men—share your recipe with us. We'll pay you $50 for it if selected. There are no food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. Recipes submitted become the property of Meredith Corporation.*




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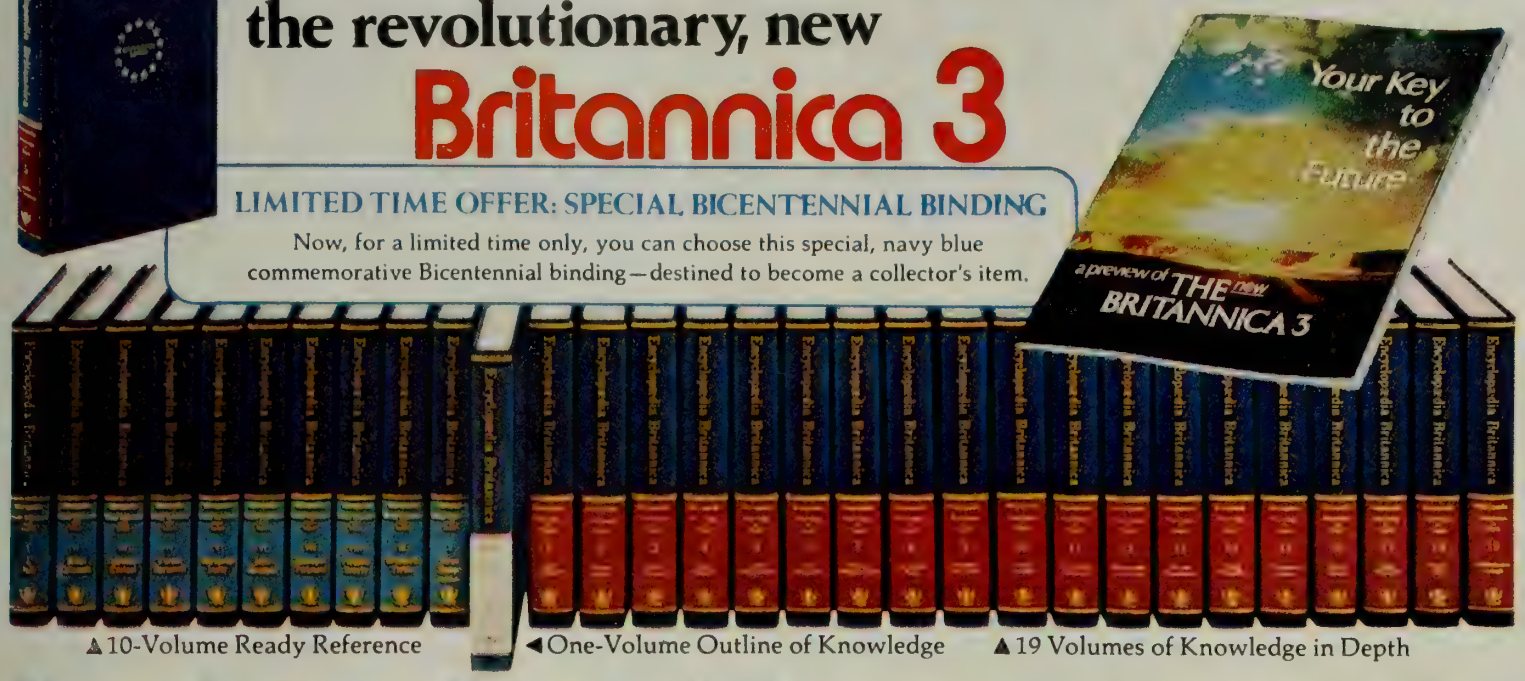
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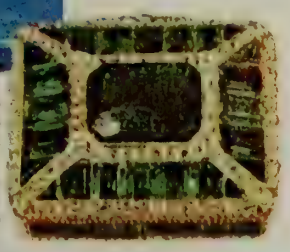

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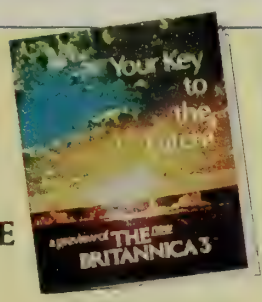
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## Grand Prize:

The $100,000 63-foot yacht "Lucky Lady" *or* $100,000 cash! It's the actual boat used in the making of the spectacular new 20th Century-Fox adventure film, *Lucky Lady*, starring Gene Hackman, Liza Minnelli, and Burt Reynolds.

## 10,000 Second Prizes:

Two tickets for the picture *Lucky Lady.*

Two things about this sweepstakes are extra cool. One is the great taste of KOOL cigarettes. The other is the 63-foot, $100,000 yacht "Lucky Lady." It's the yacht sailed by Gene Hackman, Liza Minnell Burt Reynolds in the production of the sensa new 20th Century-Fox movie *Lucky Lady.* Ar yacht, or, if you prefer, a cool $100,000 in cas might become yours if you win the KOOL " Lady" Sweepstakes. To enter, follow the officia test rules and mail in the entry blank. Then you'll be eligible for the drawing of the winner of "Lucky Lady," or two tickets for the film. Who knows? You may be sailing over cool waters or counting all that cool, green money. It's one of the coolest sweepstakes ever from the coolest cigarette ever. That's KOOL—Filter Kings, Super Longs, Milds and Box.




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es: 1. To enter, print your name, address, and zip code on the or on a 3" x 5" sheet of paper. Mail to KOOL "Lucky Lady" s, P.O. Box 4448, Chicago, Illinois 60677. Enter ach entry must be mailed separately. SE NECESSARY! 2. Each entry must empty packs of KOOL, or a ce of paper on which nted the words "COME L" in plain block let- must be postmarked 1976. 3. Prizes. The —the 63' yacht "Lucky d at $100,000 or $100,- 0,000 second prizes ts to the film *Lucky* s are non-transferable eemable for cash. 4. winner chooses yacht e yacht will be de- e winner at its berth Payment of Federal, cal taxes imposed on er and the cost of de- yacht to the winner's e the sole responsibili- ewinner. Prize is non-transferable. 5. Winners will be selected in a drawing conducted by H. Olsen & Co., the results of which will be final. The odds of winning will be determined by the number of entries received. All prizes will be awarded. Grand Prizewinner must agree to use of his name and picture for this promotion. 6. This sweepstakes is open only to residents of the United States 21 years of age or older. Employees of Brown & Williamson Tobacco Corporation, its affiliate companies, advertising agencies, H. Olsen & Co., 20th Century-Fox Films, Inc., and their advertising agencies, and their families are not eligible. Void in Missouri and wherever else prohibited or restricted by law. All Federal, state, and local laws apply. 7. For the name of the Grand Prizewinner, send a separate stamped, self-addressed envelope to: KOOL "Lucky Lady" Winners, P.O. Box 6353, Chicago, Illinois 60677.




KOOL "Lucky Lady" Sweepstakes
P.O. Box 4448
Chicago, Illinois 60677

Please enter me in the KOOL "Lucky Lady" Sweepstakes. I certify that I am at least 21 years of age and have read the official rules.

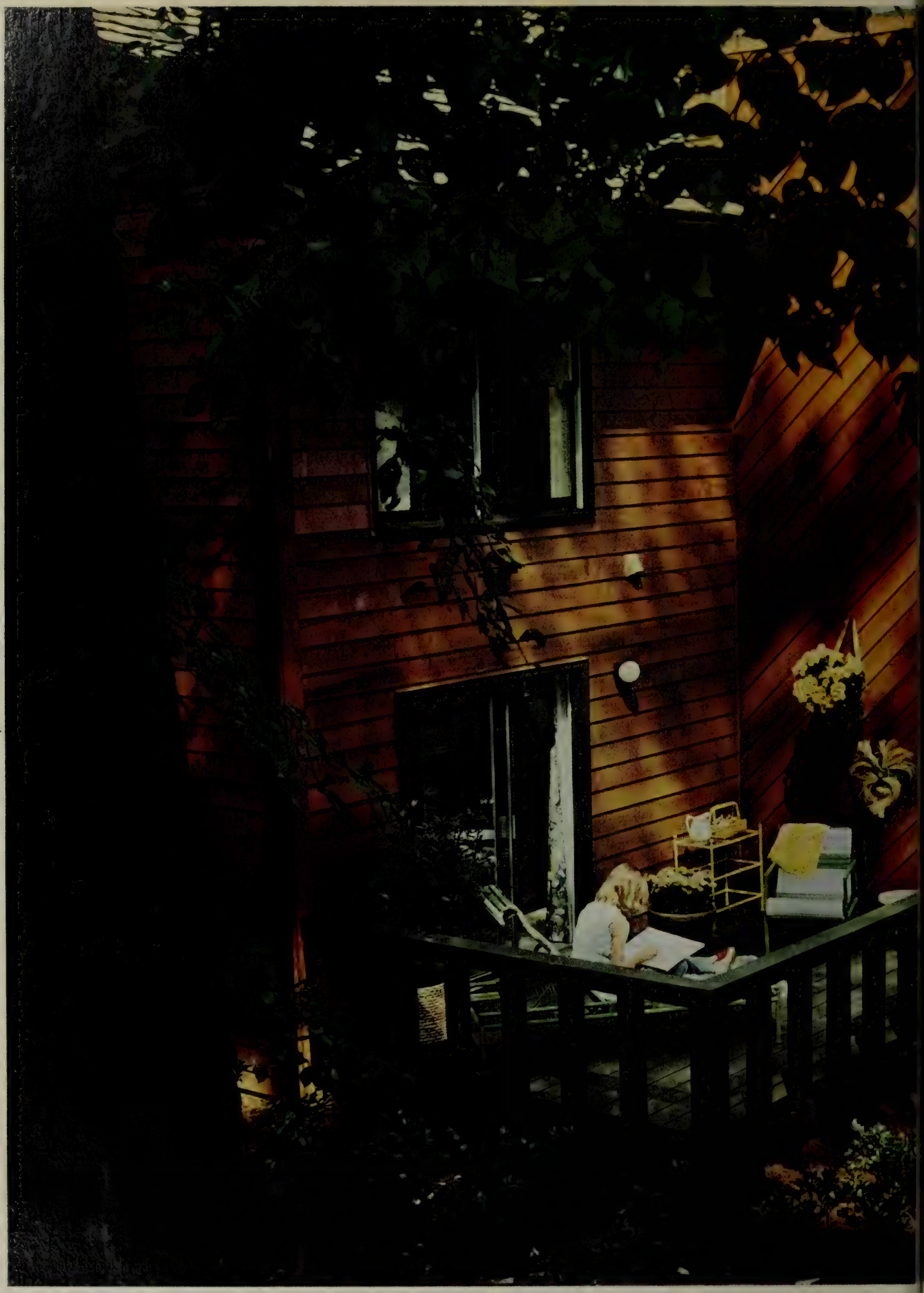
Name_____ (PLEASE PRINT)

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City_____ State_____ Zip_____ (REQUIRED)

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Kings, 17 mg. "tar," 1.3 mg. nicotine; Longs, 17 mg. "tar," 1.2 mg. nicotine, av. per cigarette, FTC Report Nov. '75





# WHAT MAKES A GOOD HOUSE GREAT



## THIS ONE SHOWS YOU



**By Stephen Mead, David Haupert, and Robert A. Dickelman**

Even the simplest house is actually a very complex product to evaluate. When you start thinking about traffic patterns, zoning, spatial relationships, proportions, and so on, you quickly realize just how tough it is to decide whether or not a particular house is a good investment. And after you see the price tag, you're acutely aware of just how important it is to make the right decision.

This article will help eliminate the uncertainty. On the next few pages we set down several house-buying guidelines for you to follow, then show you an idea house that satisfies nearly every prerequisite listed. One caution: No house is perfect, so when you rate any house by these guidelines, expect to compromise now and then. But if you keep the trade-offs to a minimum, you can be confident that the house you choose will give your family a full measure of living enjoyment for the money.

### EXTERIOR

● *Overall design.* The more straightforward, the better. Simplicity pays off; avoid fanciness and unnecessary detailing.

● *Siding.* The use of more than two different materials usually detracts. Whatever the siding, make sure it looks natural.

● *Details.* Honesty is the best policy. Fake walls and false fronts won't stand the test of time.

● *Side and rear.* Lack of thoughtful design shows up here easily. A good

**continued**





*Big and inviting, the main entry of this house opens onto a well-zoned cluster of rooms that operate off a common hallway. The dining room* ***(left)****, family room* ***(right rear)****, and breakfast area* ***(left rear)*** *can function either separately or as a cohesive complex of space. The entry itself is floored with virtually indestructible quarry tile, and an ample coat closet is just behind the picture at right.*

# WHAT MAKES A GOOD HOUSE GREAT

house has balanced window placement, and the siding material and color of the front face continue around the entire house.

● *Privacy.* Rate a house high when either landscaping or good window placement shields living spaces from neighbors.

## FLOOR PLAN

● *Traffic.* Planning pays off. Note the routes your family will be taking through the house; you should never have to crisscross one room to get to another. This means that each room should be a dead end, or at least have a non-disruptive passage area.

● *Zoning.* Rate it both visually and structurally. The sleeping areas will serve you better if they are separated and buffered from the rest of the house. Working areas like the kitchen and laundry can be near each other and slightly separated from the living areas.

● *Storage.* Size it up carefully because it's a critical factor in the pass/fail test of any house. Check the entry, bedrooms, and hallway linen closets. Is the storage conveniently located and spacious enough for your needs? A good house will offer ample bulk-storage provisions, too. An accurate yardstick is a closet-by-closet comparison with your current facilities. If the house you're considering falls short, don't compromise—you'll be acquiring even more storables in the future.

● *Entry.* Some transitional space is very important, whether it's a foyer, a hall, or only a divided area. You should never have to enter directly into a primary living space.

**continued**

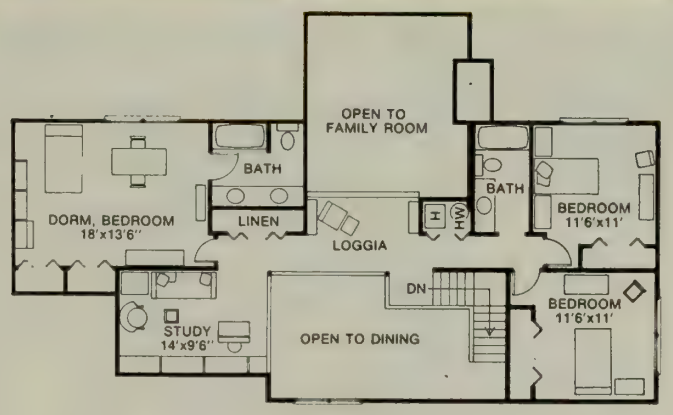
*The 15x16½-foot family room is lar enough for most family activities, yet i doesn't overpower the rest of the house. Wel out of traffic, this spa is still close enough to the kitchen, dining are and rear deck to serve a favorite gathering pol for work and play. For less active family, however, the room cou serve as a quiet librar or formal conversation area.*



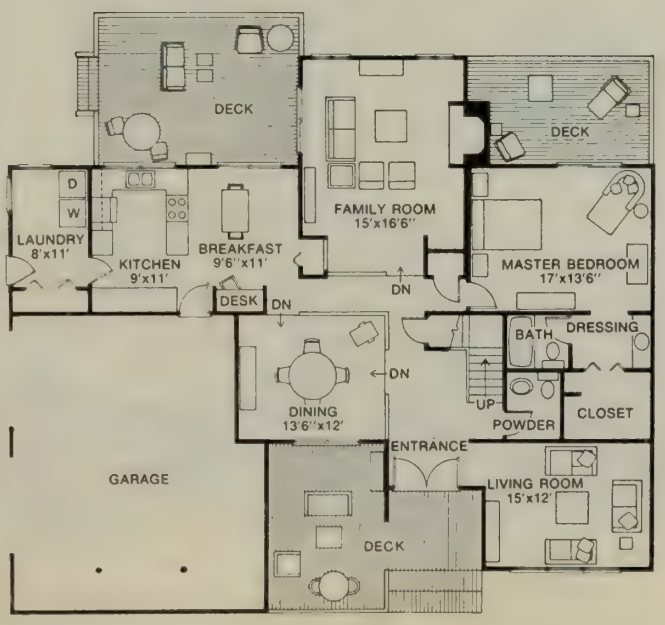


*Possibly the most adaptable space in the house, the dining room lends itself to a variety of uses—both formal and informal. One family might use the area for a den, another for a card room; still others might consider it a perfect playroom for the kids or an indoor extension of the adjoining deck. And when life-styles change, so can the room—thanks mostly to its wide-open walls and freewheeling lines.*

**UPPER LEVEL**




**LOWER LEVEL**




*A **front** deck? By all means, if it's handled like this one. Subtly screened from the street and neighbors, this 280-square-foot extension of the dining room not only serves as a private retreat but also helps make an effective transition between front walk and main entry.*



# WHAT MAKES A GOOD HOUSE GREAT

● *Car storage.* Make sure it's close to the work area. The car-t
route will be impractical if traffic flows through a living zone.
the easiest route usually leads directly to the kitchen, making tr
groceries and other heavy loads shorter and easier. And whet
port or garage, the car-storage portion of the house should off
tional space for stowing bulk items; you'll be glad you have it.

### INTERIOR SPACES

● *Room size.* Watch the proportions. A 1,200-square-foot ho
boasts a 20x18-foot family room is out of scale and will serve
adequately. Conversely, don't accept a 10x12-foot family roo
house of 2,100 square feet.

● *Furniture and flexibility.* Adaptability is paramount. Roo
dictate only one possible furniture arrangement are extremely
in their uses. Insist on rooms that can change personalities and f
as your life-style changes. Can the child's bedroom be conver
day to a den/guest room? Can the dining room handle informa
as easily as it does formal meals? Single-purpose rooms (oth
kitchens, baths, etc.) are usually bad investments in the long r

● *Kitchen.* Efficiency is a key factor. Study the counter space
location of the range, refrigerator, and sink. No matter how
small the kitchen, these four main ingredients should make KP
as possible. Survey the storage capacity, too, by adding the lin
of both upper and lower cabinets; you should expect a minimu
feet total—more is better. Make sure the lighting is suffic
work, that there is good ventilation, and that traffic does n
the main work area.

● *Laundry.* Look for space and convenience (enough elbowroo
counter to sort and fold clothes). If there's room enough for the
board, all the better.

● *Bathrooms.* Don't skimp here. Quality fixtures and enough s
convenience mark a good house. Ample storage for all the thi
need, good lighting, and effective ventilation all help get any
to a better start.

*The formal living room sits off by itself, quietly oblivious to the other zones of the house. Its dead-end design makes this room adaptable to a variety of furniture arrangements—one to fit nearly any family's needs.*

*Storage space—and lots of it—makes this breakfast/kitchen area a real pleaser. From the meal-planning unit at left to the ten-foot-long pantry at right, this food center is convenient and clutter-free.*



**Buying information, page 110**



*he open space at ft, used in this ase as a second- tudy/hobby room, ther good example ible square footage. d you use it as stereo center—or a sleeping loft?) too, how this area ers its share of orage function ready-made g system along ll and an attic behind the door far end.*

The 2,856-square-foot idea house that illustrates this article is a manufactured package designed by Kingsberry Homes, in cooperation with Better Homes and Gardens. Prebuilt stud walls, bundles of precut lumber, and parcels of other building materials are shipped to the building site where they're assembled by a local builder affiliated with Kingsberry.

Costs of the finished homes vary, of course, by region. Here are representative quotes—excluding land, but including appliances, plumbing fixtures, floor coverings, and all other materials (except furnishings) used in the model as photographed:

| REGION | COST PER SQUARE FOOT |
|---|---|
| Northeast | $29 |
| Southeast | 24 |
| Midwest | 31 |
| Rocky Mountain | 27 |
| Southwest | 25 |



*Just around the corner from the study/hobby area, the dormitory bedroom has its own bath (see plan on page 47). Change the furnishings, annex the study/hobby room, and—presto—a comfortable apartment for the grandparents. As you can see, dead-end privacy and abundant storage facilities are keys to the flexibility of this living/sleeping zone.*

Photographs: Jim Hedrich, Hedrich-Blessing
Design Sponsor: American Wood Council
Architect: Arley Ask
Interior Designer: Penny Goldwasser, A.S.I.D.
Builder: Land Resources Associates
Manufacturer: Kingsberry Homes/Boise Cascade Corporation

Can a house half this size pass the same tests applied to this one? You bet, and we'll show you one that does it—in the April issue of Better Homes and Gardens.



# HOW TO ORGANIZE A BASEMENT

By David Haupert
and David Ashe



**Basement blues? Maybe it's because you have to squeeze between stacks of magazines, step over canning jars, and move the Christmas ornaments just to get to whatever you want. You can corral the clutter by getting it up off the floor and onto storage units that you put together yourself. Why not start now?**

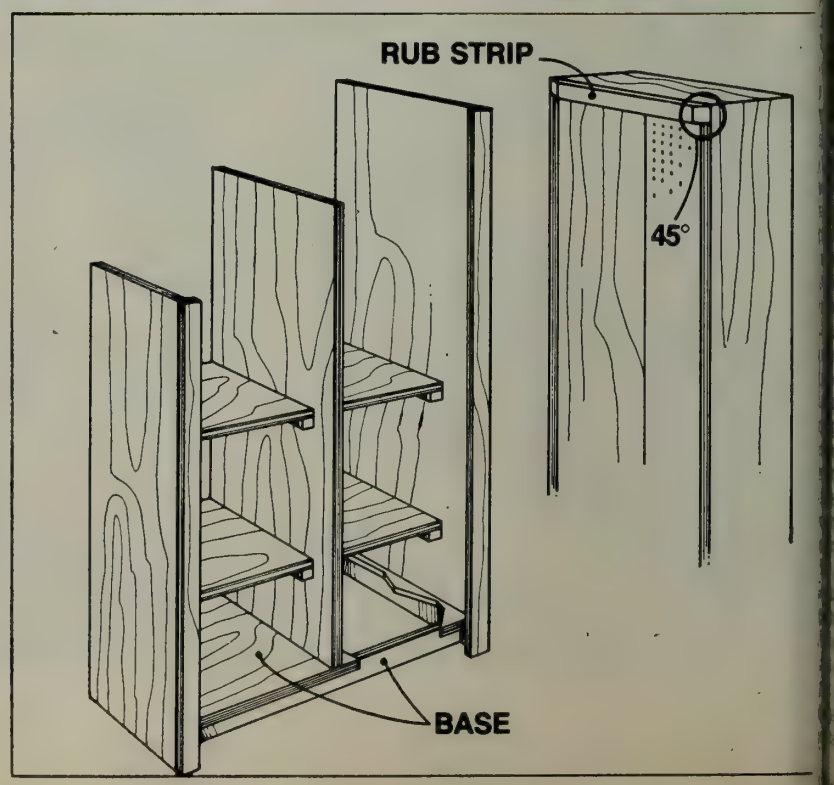
## SPORTS EQUIPMENT OR WHATEVER

You can stack an amazing amount of equipment under your stairway if you organize the space properly. What you need is a system that keeps everything accessible—and this design helps you achieve it. The setup includes a fixed-shelf section in the center for compact items, and roll-out units—complete with perforated-hardboard panels—to handle unwieldy things.

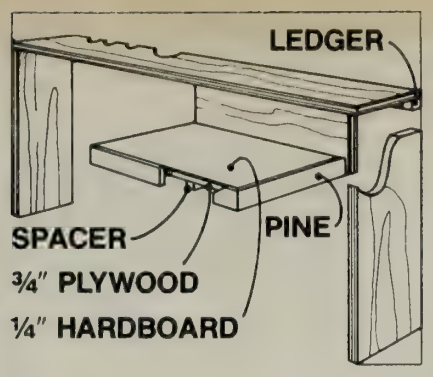
Before you tackle the project itself, make the stairway airtight to prevent dirt from sifting down into the storage area below. Also, fill in the riser spaces, if open, and run beads of butyl or silicone rubber sealant along all cracks.

Build the fixed-shelf (center) section first (¾-inch plywood throughout), starting with a base (as shown) to keep stored items off the floor; then cut the three uprights—all the same depth—and nail 1x2 pine to the front edges of the two outside pieces. Stand these two uprights on the floor and glue/nail them into the edges of the base and into the stringer and header above. (It's critical to keep the sides plumb so the rollout units will fit properly.) Follow with the center divider, toenailing it onto the top of the base and into the stringer. Add shelf ledgers to all three uprights, then install the shelves. Hinge the doors to the 1x2 fronts of the two side pieces, leaving ½-inch clearance above and below the doors.

Tailor the roll-outs to the remaining spaces. Each of the tall units—open on one side—has a top, bottom, front, and back of ¾-inch plywood, and one side of ¼-inch perforated hardboard on which you can hang a variety of items; the shorter versions are fitted with a top rail, rather than a full top. Rabbet the edges of the plywood where the hardboard fastens to it, then assemble the plywood and glue/nail the hardboard in place. Mount four fixed wheels on the bottom of each unit (note how the wheel area is recessed, but concealed, by the front of the unit). Finish up with rub strips (as shown) to maintain the ½-inch clearance you'll want at both sides of each roll-out. Add floor blocks if the units tend to roll out of their slots.








## LAUNDRY SUPPLIES

The typical basement laundry center consists of a washer, dryer, card table, measuring cup, and assorted boxes/bottles of detergent, presoak, anti-cling agent, fabric softener, and spot remover—all joining forces to produce a scene of mass confusion. Fortunately, shaping up this hodgepodge needn't be costly, as the example at left proves. The ingredients of this efficient system are simple: a store-bought sink-base cabinet, a hardboard-over-plywood counter top, and a plywood surround that unites washer, dryer, and storage.

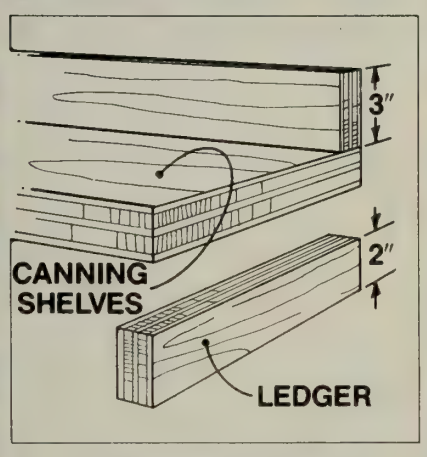
Start with the cabinet. (The 36-inch-wide unit pictured, though sold complete with factory finish, cost $48—cheaper than comparable unfinished units available elsewhere in the same community. So shop around.) Place the cabinet next to the laundry equipment, slightly recessed (about an inch) so the edging on the cabinet top you build won't protrude past the fronts of the appliances. Then put together the surround (¾-inch plywood) as detailed, making it deep enough to reach from the wall to the front edge of the appliance control panels. The two ends of the surround will rest on the floor and overlap the washer at one end, the cabinet at the other. (Be sure to notch the top of the surround for electrical, plumbing, and vent pipes.) The vertical piece spanning the back of the cabinet simply fills in the void between cabinet and surround. Once you've assembled and painted the surround, fasten a ledger to the wall; lift the surround into place and anchor it to the ledger with a couple screws.

Finish up by building the cabinet top as shown, using ¼-inch tempered hardboard over ¾-inch plywood. Nail spacer boards onto the bottom of the plywood to raise the top to within ⅛ inch of the dryer top. To hide the spacers, edge the front and side with ¾-inch lumber. Coat with polyurethane varnish.



## UMBER/BULK STORAGE

Use this combination of 1x4s, s, 2x4s, and rough crating lum- to get your bulky items up and of the way once and for all. The ple unit pictured here will handle r heaviest storables, and you adjust its size to the space you e and the capacity you need. tart by laying the three back up- ts flat on the floor and gluing/ ing three 1x4 ledgers and a 2x4 e piece to them. Prefab an iden- l unit, using the three middle up- ts, then turn it over on the floor glue/nail three 2x4 ledgers to other side. Make a third section of the three front uprights, but time keep the legs on edge as nail the 2x4 ledgers to them. / stand the three sections in e one at a time, mark the joists, nail up any 2x2 crosspieces that nt be needed. Cut the shelf es for both the front and back ions of the unit, using any rough -inch nominal lumber. Then as- ble the structure, starting by noring the back wall section to joist crosspieces. Using shelf es as spacers, locate the middle ion and anchor it; follow with front section. (If you prefer, in- a shelf or two in the back sec- so the ledgers serve as shelf s.) Glue/nail the remaining es in place.




## CANNING JARS AND ACCESSORIES

If you're like some homeowners we know, last fall caught you off guard. You became the proud possessors of a first-time inventory of home-canned garden goodies—with no facilities to store them. But you can be ready next time if you put together this simple, no-frills unit that easily handles 77 pints or 54 quarts per shelf. Use the counter top for labeling or as a stop-off point when juggling jars, the small shelf below it for accessories.

The total height of the taller section is 78¾ inches, easily clearing most basement ceilings. The top isn't anchored to the ceiling, so you can move the unit wherever you need it. And if the overall capacity isn't large enough for you, just add another section or two.

Start by cutting two feet off the ends of several 4x8-foot sheets of ¾-inch plywood, then divide each 4x6-foot piece into four 2x3-foot chunks (for all shelves but the counter top). From the remaining 2x4-foot scraps, cut two-inch strips for shelf supports and three-inch strips for shelf backs and base pieces. Then glue/nail the backs onto the 2x3-foot shelves, as shown, to keep shelf sag to a minimum.

Now build two tall ladders on the floor, keeping the bottom "steps" (three-inchers) flush with the bottoms of the legs; use 2x4s for the legs and two-inch plywood strips for the remaining steps. Space the steps 8¾ inches apart—from top to top—to produce an eventual eight-inch space between shelves. Still working on the floor, stand the two ladders on edge, with the steps facing each other; temporarily nail a three-foot piece of scrap across the top to steady it, then nail the bottom shelf in place—one nail at each leg. (Angle the nails so they'll extend into the legs.) Install two more shelves permanently—one in the middle of the unit, the other at the top. (The remaining shelves will be removable in case you want to increase shelf height for other items.) Turn the unit over (face down) and nail a diagonal brace (1x4) to the backs of the two uprights and three permanent shelves to assure side-to-side stability; or, if you prefer to close off the back completely, nail on a sheet of ⅛-inch tempered hardboard. Then lift the completed section into place against the wall and slide in the movable shelves.

Add the smaller section by nailing steps to the outside of the tall section, building a short ladder, and tying it to the larger section with more shelves. The top shelf (counter top) is 1½ inches wider than the others. **Buying information, page 110**



# All about gelatin

**Here are a few Test Kitchen techniques to help you handle gelatin like the experts:**

## HOW MUCH

● To substitute plain gelatin for a 3-ounce package of flavored gelatin in a recipe, add about ¼ cup sugar to one envelope of unflavored gelatin.

● One envelope of plain gelatin or one 3-ounce package of flavored gelatin sets two cups each of liquid and of drained fruit.

● One cup of ice cream, a 16-ounce can of applesauce, or a 16-ounce can of cranberry sauce equals one cup of liquid.

## CHILLING

● To distribute fruit throughout gelatin, chill the mixture till partially set or till it is slightly thickened but still not firm. Fold in fruit and chill till firm.

● If during chilling gelatin passes the "partially set" stage and becomes too stiff, set the bowl of gelatin in a pan of hot water. Stir till gelatin is liquid again; rechill till partially set.

## UNMOLDING

● Loosen gelatin around the edges of the mold with metal spatula. Dip the mold up to rim in warm water for a few seconds. Tilt the mold slightly, easing gelatin away from one side to let air in; rotate to loosen. Place a serving plate over the mold; hold together. Invert and shake gently to release. Carefully lift off the mold. If gelatin does not release, tilt the mold again or redip it quickly in warm water and invert onto serving plate.

● Or, place the inverted mold on a serving plate and wrap in a hot towel till the gelatin mold drops onto the plate.

## SPECIAL TECHNIQUES

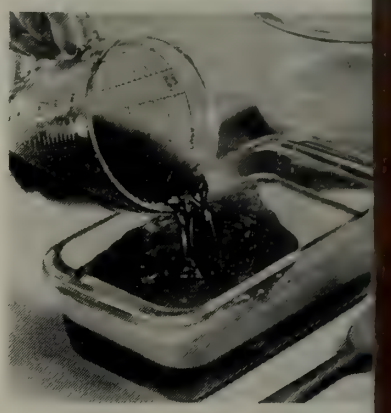
● To arrange fruit, spoon a thin layer of dissolved gelatin in bottom of mold. Arrange fruit. Chill till almost firm (mixture appears set, but is sticky). Spoon in remaining gelatin.



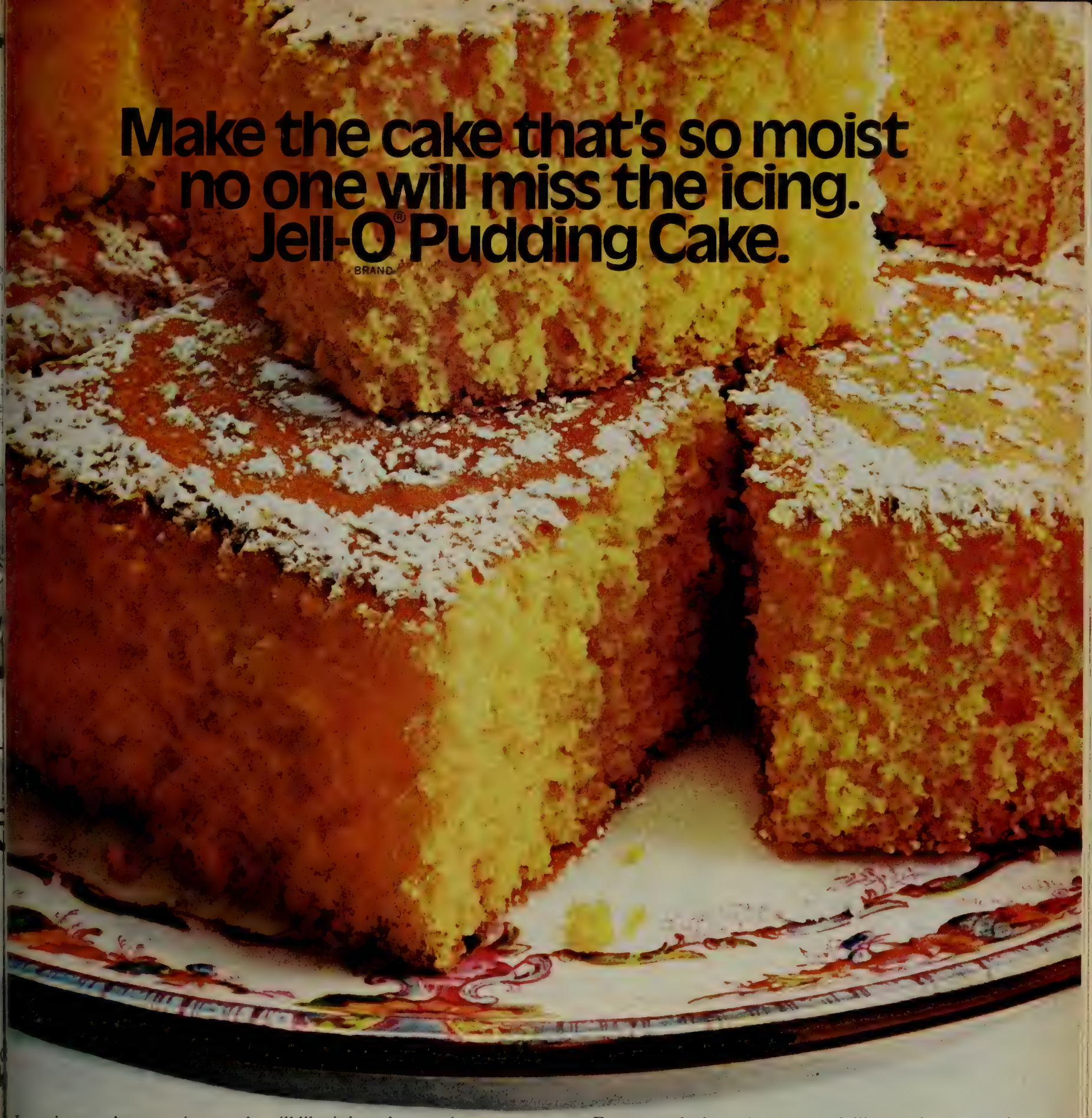
Photographs: Scott

● To prepare two-layered salads, chill first gelatin layer till almost firm. Pour second layer over; repeat layers. Chill.

● To whip a "soufflé" salad, chill mixture of gelatin and mayonnaise till partially set; whip till fluffy. Or, pour the mixture into freezer tray; chill in freezer till ice crystals form around edge. Whip till the mixture is fluffy. Chill till mixture is set.





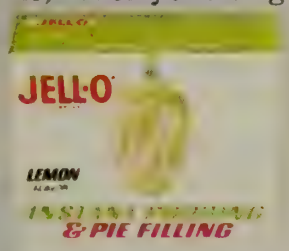



Imagine a cake so moist people will like it just the way it out of the pan. Without icing, without filling, without anything. To make this cake, add Jell-O® Lemon Instant Pudding & lling to any yellow cake mix and follow this easy recipe. et a cake with a light, lemony flavor… a cake so moist a little ered sugar on top is probably all the decoration you'd want. Next time get compliments on your cake, not on your icing.

**Yellow Lemon Cake**

age (2-layer size) yellow cake mix
age (3-3/4 oz.) Jell-O® Lemon Instant Pudding & Pie Filling
4 eggs
¼ cup salad oil
1 cup water

Combine all ingredients in large mix- vl. Blend; then beat at medium speed inutes, or 300 vigorous strokes by Pour into greased and floured 13x9-inch pan. Bake at 350° to 50 minutes, or until cake tester inserted in center comes out Cool in pan 15 minutes; then remove from pan and finish g on rack. Sprinkle with confectioners sugar.



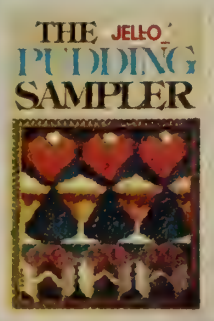

For sugar design, place paper doilies on the cake before sprinkling with confectioners sugar; then carefully lift doilies off.

**Free Recipe Book**

Yellow Lemon Cake is only the beginning! Get "The Jell-O® Pudding Sampler," a new recipe book with 34 other smile-winning desserts to try...more moist pudding cakes, luscious pudding pies and exciting cup desserts. For your free copy, send this coupon with 4 Jell-O Pudding front panels, your name, address and ZIP Code to The Jell-O Pudding Sampler, Box 7011, Kankakee, Ill. 60901. Offer expires March 1, 1977.

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GF GENERAL FOODS




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# You can't buy a more effective disinfectant than Clorox.

## So why pay more?




**Leading liquid disinfectant costs 10¢ per use.***

**CLOROX costs 5¢ per use.***

No other household disinfectant kills germs better than Clorox® liquid bleach. Yet Clorox costs half as much per use as the leading liquid disinfectant. For floors and many other household uses. See back label for usage instructions.

*Based on national average retail prices of best-selling size packages and recommended amounts per use. © The Clorox Company, 1975.




**Clorox does more than the wash. For less.**


# Pillow pointers

There's really no such thing as a "perfect" bed pillow because everyone has his or her own criteria. However, if your pillow is giving you a pain in the neck instead of the comfortable night's sleep you deserve, then it's time to start shopping around for a more compatible pillow.

If you're going to shop for others in your family, be sure to check out their pillow preferences, too. Quiz them on their choice of soft, medium, fat, thin, or firm. While a luxuriously soft pillow is considered a treat by some, others find it quite annoying to have their heads sink in a sea of feathers.

### At the store

It's impossible to tell about a pillow simply by looking at it. Pick it up, handle it, and test to see if it's skimpily or plumply filled. If you're not self-conscious and there's a mattress department nearby, you might want to take the pillow and see what it feels like when you're lying down.

Another suggestion: Pick up the pillow by one corner and shake it to see whether the contents stay in place or shift around. If the pillow is not encased in a wrapper, sniff to see if there is any odor. A good pillow should be odorless, resilient, buoyant, and free from lumps. It should also be lint-free and mothproof and mildewproof.

### Check the label

It's a legal requirement that every pillow have a label attached describing the contents. Be sure to check the label—not only for fiber content, but for machine washability and dry clean[ing] qualities. Follow any instruction[s] to the letter. Properly cared [for] a quality pillow is a long-last[ing] investment. (By the way, o[nce] you get your new pillow ho[me] you can remove the label w[ith]out fear of penalty.)

### Coverings and fillings

Pillow coverings are imp[or]tant, too. The best are clos[e] woven fabrics such as twill [or] cotton ticking. The seams sho[uld] be welted or piped for durabil[ity]. Consider adding a zippered [pil]low protector, as soil can pe[ne]trate the pillowcase.

Here are the most comm[on] fillings you'll encounter:

● *Down*—Pillow connoisse[urs] consider down—from geese [and] ducks—to be the finest fill[ing] that money can buy. It is luxu[ri]ously soft and lightweight—[and] it's also the most expensive filli[ng]. Although prices vary depend[ing] on the store, brand, and coveri[ng] you generally can expect to p[ay] about $20 for a standard (20x[30] inch) down pillow, and $25 [to] $30 and up for a queen- or ki[ng]-size pillow.

● *Feathers*—*Duck, goose, t[ur]*key, and chicken feathers [are] used for pillow fillings. Go[ose] feathers are the softest, with du[ck] feathers next. Chicken feath[ers] are considered the least desira[ble] due to their heavier spines a[nd] quills. Turkey and chicken fea[th]ers are sometimes labeled [as] "crushed." This means they ha[ve] been "curled," and may even[tu]ally flatten. Expect to pay $10 a[nd] up for a feather pillow.

● *Blends*—Various combi[na]tions of down and feathers [are] available. A combination of [50] percent down with 80 perc[ent] feathers makes a compact, fi[rm] pillow. For medium softne[ss] look for 40 percent down and [60] percent feathers. A 50/50 ble[nd] provides a semi-luxurious pillo[w]. Prices vary according to the p[ro]portion of down, but blend p[il]lows usually start at $14.

● *Polyester fiberfills*—Th[ese] include such names as Dacr[on], Kodel, Vycron, and Fortr[el]. Such fillings are comfortably so[ft], lightweight, resilient, mothpro[of], mildewproof, and non-allergen[ic]. Prices range from $5 to $15 a[nd] up.

● *Blends*—One of the new[est] is a blend of polyester fiberfil[l] plus down and goose feathe[rs]. The best features of each filli[ng] are combined for comfort a[nd] easy care.

● *Foam latex*—These pillo[ws] come in varying degrees of firm[-]ness, molded in one piece [or] shredded. Molded is best. Foa[m] is buoyant, resilient, mothproo[f], mildew-resistant, odorless, a[nd] non-allergenic. Prices vary, b[ut] the average is about $10. ■

# ...inks ...problem ...ots

**...on the help of plants if you're ...ed by a problem spot where a ...f furniture would be too bulky, ...u have an area that needs life. ...these ideas might be just ...swer you're looking for.**



...Hedrich-Blessing. Design: Carole Eichen

...dering what to do with a scrap of ...ace? Here a trio of cubes neatly ...such an area and adds style as a ...Made of white plastic outlined in ...he cubes have lights inside that ...dramatic effect at night.



...Katz

...can rescue an empty corner that's ...or attention. Here a vertical vi... ...is created by stacking four acrylic ...d placing plants within. No matter ...u look, there's a plant growing at ...el from floor to ceiling. Grooves ...op of each cube keep the unit steady. Holes cut in the sides not only let you see the plants better but make watering easy and provide good air circulation. The plants are rotated now and then to make sure that each gets its fair share of light and attention.

Paintings, sculpture, and plants all pleasure the eye, so why not group them for maximum decorative effect? This artistic backdrop was created by pulling the sofa several feet from the wall, then banking the area behind with a carefully planned arrangement of plants and artwork.

Small spotlights placed on the floor provide dramatic illumination at night and emphasize the shape, size, and texture of each plant. Or, you could use ceiling spots or track lights to show off a green-growing grouping like this one. ■

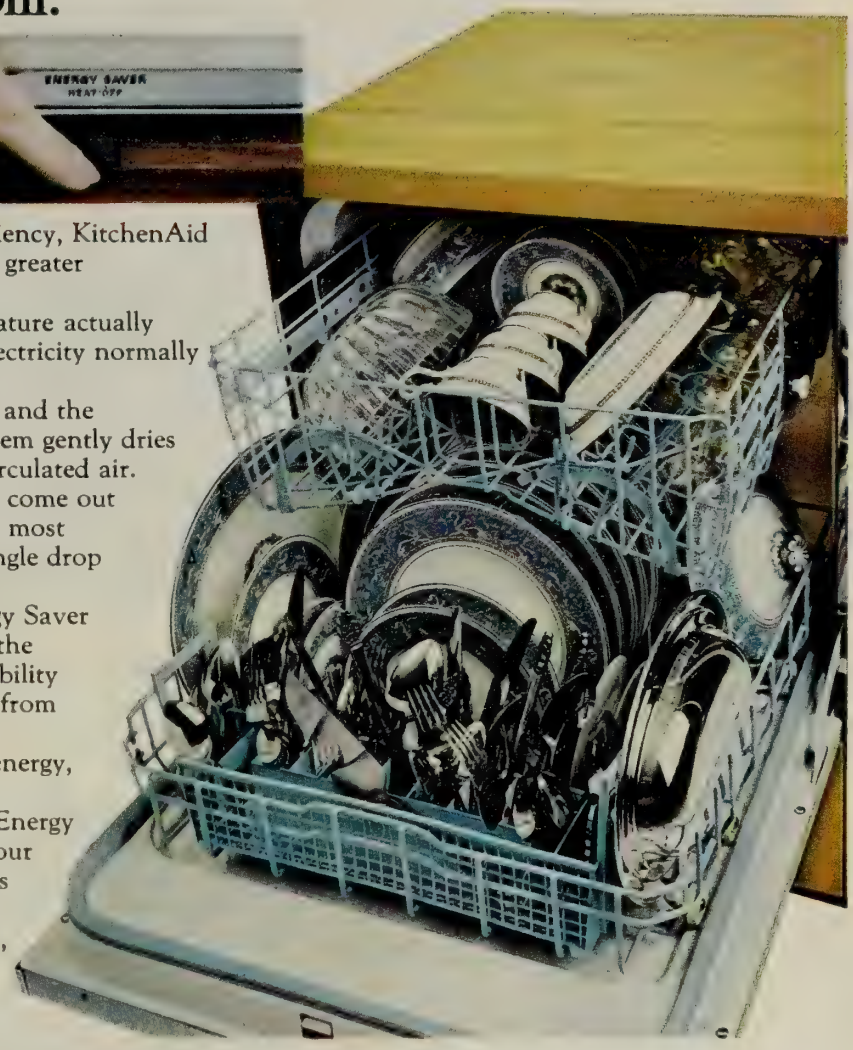


Design: Janet Shirn, A.S.I.D.


# The KitchenAid Energy Saver Dishwasher.

## Good news every time you wash dishes. Good news every time you pay your electric bill.



Enjoy KitchenAid efficiency, KitchenAid performance, and even greater KitchenAid economy.

Our Energy Saver feature actually saves about half the electricity normally used in a full cycle.

Activate the button, and the KitchenAid drying system gently dries your dishes with fan-circulated air. Without heating. They come out clean, sanitary, and, in most instances, without a single drop of water left on them.

Of course, our Energy Saver Dishwasher still offers the dependability and reliability you've come to expect from KitchenAid.

So save effort, save energy, save money.

See the KitchenAid Energy Saver Dishwasher at your KitchenAid dealer (he's in the Yellow Pages).

Or write KitchenAid, Hobart Corporation, Department 6DC-2, Troy, Ohio 45374.

**KitchenAid® Built better. Not cheaper.**

Dishwashers • Trash Compactors • Disposers • Hot-water Dispensers

# TRIUMPHS OF THI

## *Only the Jenn-Air Grill-Ran*



### The Jenn-Air *Standing Rib Roast!*

A triumph of the big Jenn-Air Power Oven, it's cooked a new way to carve wine-red and fork-tender, bursting with hot, pink, luscious juices percolating inside a caramel-brown meat crust.

And it's only one of a whole triumphant rangefull of foods Jenn-Air cooks in a stream of power-driven air. Jenn-Air's *five* Cooktop convertible units with surface ventilation let you grill, spit roast, griddle, shish-kebab, and deep-fry all on top of the range. On the rangetop or in the oven, Jenn-Air's airstream cookery cooks cooler, cleaner, better . . . whisks away smoke and odors . . . exhausts direct to outdoors to keep your kitchen cleaner, sweeter.

And the latest advance in Jenn-Air airstream cookery is an entirely new kind of oven.

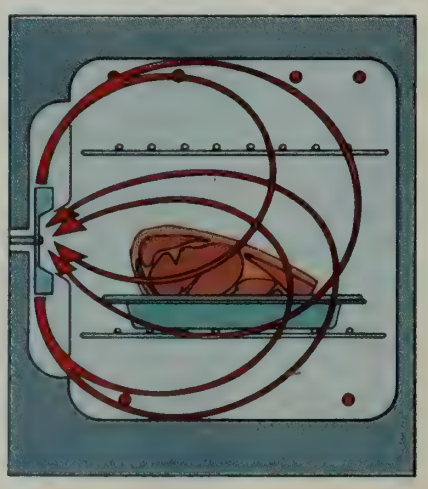
### The Jenn-Air Power Oven. It's two ovens in one!

First, it's a conventional electric oven and broiler that lets you cook all your present recipes without change. But then, just by flicking a switch, it becomes an entirely new kind of oven that lets you cook foods the way Continental chefs do—in a stream of power-driven air that's whirled about the oven chamber up to 20 times a minute!

As a result, the Jenn-Air Power Oven cooks cooler and faster (roasts, turkeys, hams *cook at a 50° cooler temperature in up to one-third less time*)! It cooks evenly, because the heat is spread evenly throughout the oven. And it cooks cleaner, because there's less spattering at lower temperatures, and smoke and steam are exhausted directly to the outdoors.

### Two oven cleaning controls!

Jenn-Air's Power Oven cleans itself continuously during use. If deposits accumulate during heavy use, you just switch over to "accelerated cleaning" and the job is done in half the time. But best of all are the results! Great crusty bread loaves rising, mammoth turkeys with golden skins rippling in the heat, juicy clove-studded hams running with



honey and mustard—you'll see it all happening through the black-glass window of your Jenn-Air Power Oven.

### Jenn-Air *homemade-fresh Apple Fritters!*

They're popover-light with a crunchy crust, the way apple fritters used to be. And they'll become a family tradition at your house with the Cooktop Deep-fryer that "drops in" to replace Jenn-Air rangetop surface units in seconds. Jenn-Air's unique surface ventilation pulls away smoke, spatters, oil odors, as batch after batch of fresh, golden fritters emerge piping hot from the fryer. How long has it been since you sunk your teeth into a fritter that burned your mouth a little?

#### *Apple Fritters*

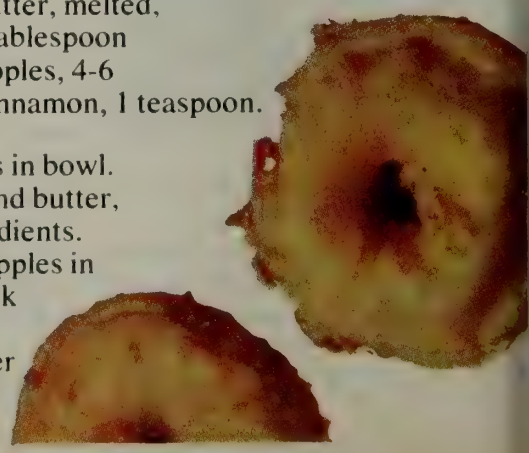
Flour, 1 cup.
Salt, ¼ teaspoon
Sugar, 3 tablespoons
Baking Powder, 1 teaspoon
Eggs, 2
Milk, ½ cup
Butter, melted, 1 tablespoon
Apples, 4-6
Cinnamon, 1 teaspoon.

Mix first 4 ingredients in bowl. Beat eggs with milk and butter, and stir into dry ingredients. Pare, core and slice apples in ¼-inch to ½-inch thick slices. Sprinkle with cinnamon, dip in batter and deep fry in 375° oil until golden.



### The Jenn-Air *Dark Chocolate Sou*

It reaches its peak of puffe wrapped in the even heat a double-thick insulation of t Jenn-Air Power Oven. An try this delightful way to se Punch a hole in the center pour in a cup of dark, rich, sweet, melted chocolate. F filling the soufflé and make mound on top with gobs of sweetened, fresh-whipped



# MERICAN TABLE

## *s you enjoy them all.*



### nn-Air *Sausagefest!*

t, Polish kielbasi, spicy
usage and good old
hot dogs – they
nd crackle exuberantly
nn-Air Cooktop Grill.
k them with a fork to let
s fat run out. What
o the fat? It
the grill where it
y vaporized into
'hat happens to the
long with spatters
it's whisked away
doors by Jenn-Air's
rangetop ventilation.
pens to the sausages?
get *smoked* while the
on its way outdoors.
d meaty, with crisp
skins charred and
the grill, and a
, throat-catching,
noked taste – this is
pens to sausage on the
Jenn-Air Grill-Range that lets you grill what you used to broil. It happens to your steaks, chops, and hamburgers, too!

### The Jenn-Air *Shrimp-Kebab!*

The nutty sweetness of zucchini. The rich meatiness of mushroom. And the sweet, spurting juiciness of plump, pink shrimp.
Slather with hot chive butter and you've got the Jenn-Air Shrimp-Kebab. The skewers rotate slowly on the Jenn-Air Cooktop Shish-Kebabber. The skewered foods are bathed in a shimmer of radiant heat. Rangetop ventilation exhausts smoke and odors, draws steam away so foods cook crisper, with a richer, fuller taste. And there are dozens of kebab recipes – whole meals-on-a-skewer without pot or pan.



*The Jenn-Air Grill-Range* is available with ceramic-glass or conventional surface heating elements. Heating elements slip out in seconds, to be replaced by any of the five Cooktop Convertible accessories – grill, open-spit rotisserie, griddle, shish-kebabber, and deep-fryer – "drop-in" units that fit right into the range to bring you all the triumphs of the American table. Also note Jenn-Air's digital clock and brushed stainless steel top.

For the Jenn-Air dealer nearest you, see the Yellow Pages, call toll-free 800-428-1825, or write Jenn-Air Corporation, 3035 Shadeland Ave., Indianapolis, Indiana 46226.

# THE JENN-AIR GRILL-RANGE

*A magnificent cooking instrument*

# Re-recycling a transplanted house

**BEFORE**



Moved by barge from Oakland to Tiburon, California, after the 1906 San Francisco earthquake, this turn-of-the-century house recently underwent a second rebirth. The plans show the livable new arrangement of what was a labyrinth of rooms.

Downstairs, a master suite and study were opened to the ground-level patio. On the second level, the living room, dining room, and kitchen became one long room, with the ceiling opened to the roof above all but the kitchen.

At the top of the house, a wide dormer was added to brighten the interior and accommodate a balcony library and study.

**AFTER**






The view toward the kitchen *(below left)* shows how a custom-crafted metal railing around the balcony library snakes down the spiral staircase, tying all three levels together. Ribbons of dark-stained walnut outline the floors of the living area, adding impact to built-in features such as the breakfast bar skirting the kitchen and the sofa to the left of the stairway.

Like many city houses, this one has only one bright exposure. To make the most of it, the architect planned a minimum of walls and oriented all major living areas to the front. The view from the kitchen *(below right)*, shows how he used a raise slate-topped serving counter to separa the kitchen and dining area; a single bea overhead divides dining and living zone Wood-framed sliding glass doors open the deck in front.

**continued on page Z6**





Photographs: Ernest Braun. Architect/Decorator: James Hahn



# The Rut.
# And how to get out of it.

The following suggestions were compiled from some of America's favorite cookbooks. Fannie Farmer could work magic with a tender, juicy boneless ham like the Armour Star Canned Ham. And so can you.

THE FANNIE FARMER COOKBOOK

**Ham Casserole Country Style**
Thin-sliced potatoes and onions with a sprinkle of thyme.

**Ham Roll**
Thick ham slice, stuffed, skewered and baked with consomme or tomatoes.

GOOD HOUSEKEEPING COOKBOOK

**Mushroom Baked Ham**
Marinated ham slice baked with mushrooms.

**Baked Ham with Celery and Carrots**
Served with a curried cream sauce with just a dash of sherry.

WOMAN'S DAY ENCYCLOPEDIA OF COOKERY

**Ham Baked in Claret**
Tart, peeled apples and a cup of claret are the secret.

**Ham and Oyster Gumbo Filé**
Creole chicken stew with ham, oysters, tomatoes and herbs, thickened with traditional filé powder.

**Spiced Ham and Bananas**
A whole new kind of banana split.

JULIA CHILD'S MASTERING THE ART OF FRENCH COOKING

**Jambon Farci Et Braise**
Braised ham with mushroom stuffing.

**Tranches de Jambon Morvandelle**
Sauteed ham slices in cream and Madeira sauce served on a bed of braised spinach.

**Jambon Braise Au Madere**
Ham braised in Madeira wine and roasted with carrots, onions, parsley and thyme.

JAMES BEARD'S AMERICAN COOKERY

**Ham Baked in Cola**
Southern style with bread crumb and brown sugar topping.

**California Ham Slice**
Serve with a bottle of your favorite California Pinot Noir.

SUNSET'S COOKING WITH WINE

**Flemish-Style Ham**
Boneless ham marinated in dry white wine and seasonings for hours before baking.

BETTER HOMES AND GARDENS NEW COOK BOOK

**Rosy Ham Slice**
Grilled over slow coals and basted with spicy sauce.

**Ham Medley**
Cubed ham and diced celery, peppers and onions in creamy cottage cheese casserole.

THE NEW McCALL'S COOKBOOK

**Upside-Down Ham Loaf**
This family favorite with its upside-down pineapple and cherry topping bakes in just one hour.

We hope you try a new ham recipe soon. We'll even send you some of ours free. Write to: "Magic Can Recipe Booklet," Armour and Company, P.O. Box 4354, Dept. B, Chicago, Illinois 60680.

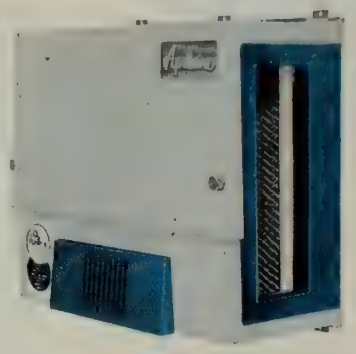



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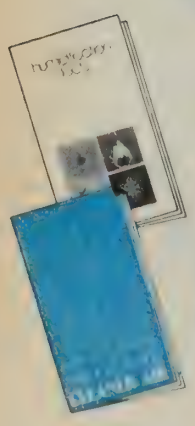
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HIGH EFFICIENCY
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. . . for the many benefits of cleaner air in your home

With a Space-Gard High Efficiency Air Cleaner installed in your forced air heating/cooling system, you'll breathe air that contains much less pollen, dust, dirt and other pollutants. So — there's less dusting, cleaning and redecorating to do; less aggravation of allergies. Uses no electricity, requires no service, and maintenance is simple, infrequent. You'll like the price, too!



# the better air pair!



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RP® RESEARCH PRODUCTS Corporation
Dept. 7M, Madison, Wis. 53701

Send me:
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☐ Name of nearest dealer

Name _____ Telephone _____

Address _____

City _____ State _____ Zip _____


continued

# Re-recycling a transplanted house



Upstairs *(above),* the new dormer creates headroom in brary and brightens the entire loft area. A catwalk, with along one side, overlooks the living room and provides proach to the fan-shaped gable window and its stunning the bay. The angled doors open onto a storage area tucke the rafters behind the knee wall.



At the rear of the house, another balcony offers a bir view of a child's bedroom *(below)* on the second level. A industrial-style ladder provides access from the loft. The left connects the library with the rear balcony (see plan, pag



# The Moana.

## Right on Waikiki Beach. One of five great Sheraton hotels in Waikiki.

**It might be the right one for you.**

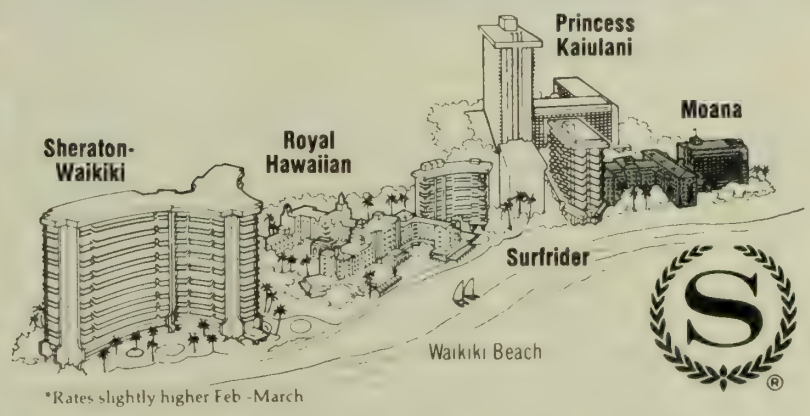
There's a Sheraton in Waikiki that's *your* kind of hotel. It might be the Moana. A classic South Seas hotel, relaxed, nostalgic, charming, on the edge of beautiful Waikiki Beach. You can sit in the deep shade of the famous banyan tree and watch the ships on the horizon, listen to the tradewinds rattle the palm fronds, relax in the sunset glow. Or dive into the busy bustle and nightlife of Waikiki, all around you. And the Moana is one of the Pacific's great travel bargains: rooms run from $21-$38* a night for two.

The Moana might be right for you. Or you might pick the lively informality of the Surfrider . . . the traditional elegance of the Royal Hawaiian . . . the contemporary tropical glamor of the Sheraton-Waikiki . . . the central location and good value of the Princess Kaiulani. Pick any one, swim, dine, play at all of them, and charge it to your room. Ask your travel agent. He knows us. And you. He knows there's a Sheraton in Waikiki that's right for you.

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*The nostalgic South Seas charm of the Moana . . . with the Pacific Ocean and golden sands of Waikiki right at your doorstep.*




*Rates slightly higher Feb.-March

# Sheraton Hotels in Hawaii

SHERATON HOTELS & MOTOR INNS, WORLDWIDE
P.O. BOX 8559, HONOLULU, HAWAII 96815 808/922-4422

# Bathrooms for all tastes

Like any other part of the house, your bathroom reflects your decorating preferences—and, to some degree, your personality.

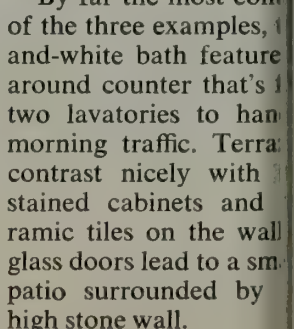
You might find your taste mirrored in one of the three examples we've collected here. All three have one thing in common—spaciousness—but each has an entirely different atmosphere. Pick ideas you like the most, then adapt them to your own home.



Photograph: M

From its marble cou its elaborate mirror wallpaper border, thi has a regal look. scheme is elegant, to golds teamed with lo Yet there's nothing about the room. Mar tops and tile floors make cleanup an easy dant storage space tak off the adjoining bedr

Photo



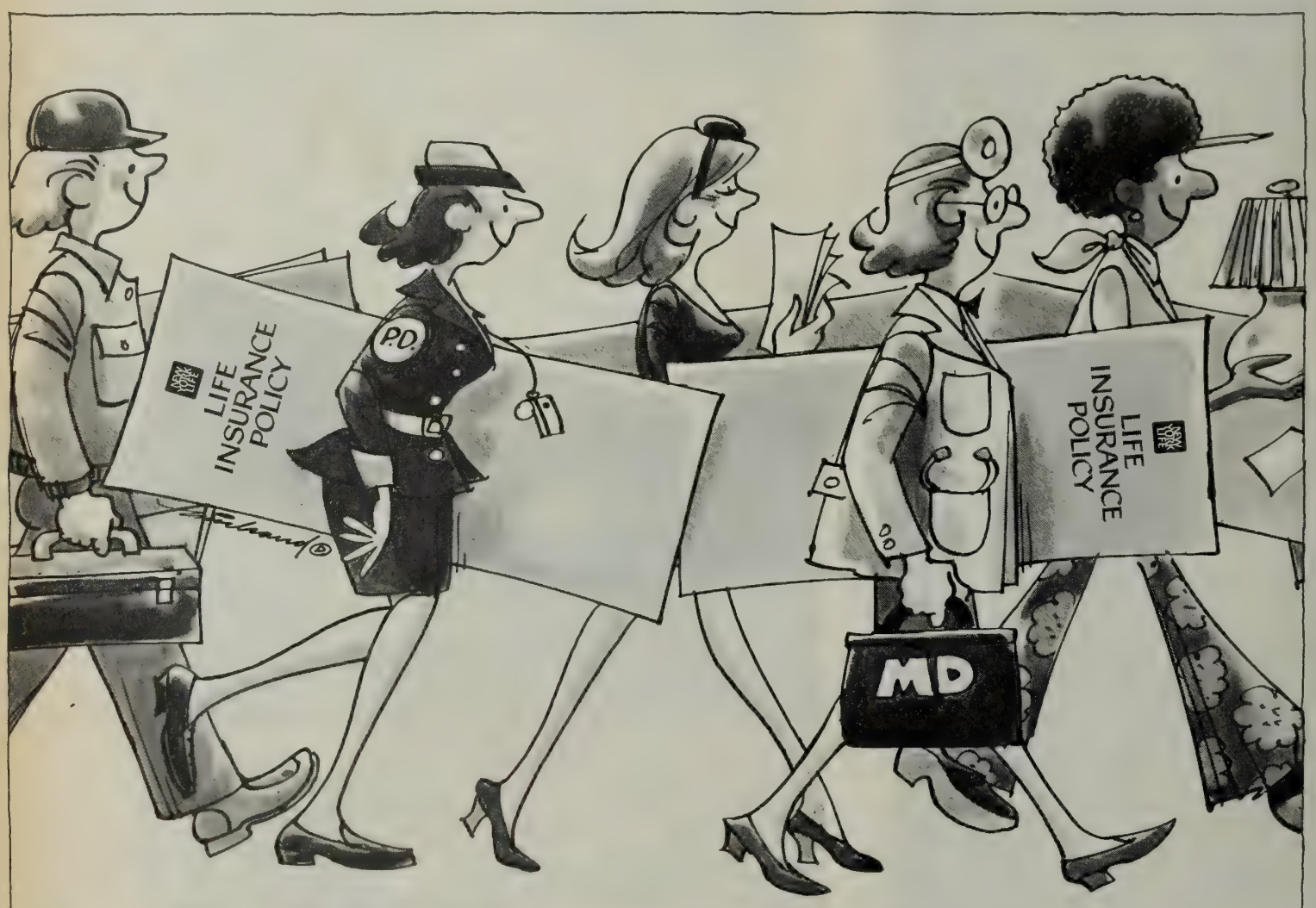
This bathroom is un traditional. The owner fruitwood cabinets, " ing, and themed access the exact look they wa ful use of marble an tile keeps maintenance mum. (Note how shower is tucked into at left.) A closet (at ri photo) helps give the r than ample storage.

Photograph: E



By far the most cont of the three examples, and-white bath feature around counter that's two lavatories to han morning traffic. Terra contrast nicely with stained cabinets and ramic tiles on the wall glass doors lead to a sm patio surrounded by high stone wall.


# Any woman with her own income ought to know how to protect it.




## New York Life's Working-woman Policies.

It's ironic.

Women "believe" in life insurance even more strongly than men do, according to surveys. Yet, the average working woman is drastically underinsured. Even after you include the group insurance her company probably provides.

Why? We're not sure. Maybe it's a carry-over from the days when men were expected to be the sole breadwinners. But that's no longer the case.

Today, over 45% of all women, married or single, work. Nearly 1 in 4 households is headed by a woman. And full-time working wives provide almost 40% of their families' incomes.

The working woman's income is not a luxury, obviously. It's a necessity. If she should die, her husband, children or other dependents would find it hard getting along without her paycheck.

That's why New York Life Agents are talking to more and more women about life insurance and its great flexibility. Life insurance for the working woman provides the extra protection she needs to guarantee her dependents' standard of living now, and can build cash values for a more comfortable retirement later.

Working-woman insurance. It's just one of the imaginative uses of life insurance that your New York Life Agent can suggest to protect your family's financial security.

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New York Life Insurance Company, 51 Madison Avenue, New York, New York 10010. Life, Health, Disability Income, and Group Insurance, Annuities, Pension Plans.

Chevrolet

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*Autoweek-Sept. 20, '75*

"...extensive corrosion protection."
*Automotive News-Sept. 15, '75*

"Keeping in mind that it is a small car, the Chevette interior is marked by considerable roominess."
*Road & Track-Oct. '75*

"...in the hardcore measurements of the marketplace—price, gas, mileage, appearance (and) overall size ...the Chevette seems a winner."
*Car & Driver-Oct. '75*

"Should be a standout choice... perfectly suited to fill the U.S. buyer's need for high-fuel-economy (and) low cost transportation."
*Popular Science-Oct. '75*

"Chevette is a car of the times: lightweight and thrifty... a most pleasing car."
*Road & Track-Oct. '75*

"May be the most important new U.S. car of the next decade."
*Motor Trend-Oct. '75*



**Prices start at $2899.***
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Chevette Coupe (shown) $3098.*
The Sport $3175.*
The Rally $3349.*
The Woody $3404.*
*Manufacturer's Suggested Retail Price including dealer new vehicle preparation charge. Destination charge, available equipment, state and local taxes are additional.

**40 mpg highway, 28 mpg city,**
based on EPA test results with standard 1.4-litre engine, standard rear axle ratio, and standard 4-speed manual transmission. Remember: These mileage figures are estimates. The actual mileage you get will vary depending on the type of driving you do, your driving habits, your car's condition, and available equipment. In California, see your Chevy dealer for EPA mileage figures on California emission-equipped cars.

# Chevette

**Chevrolet's new kind of American car.**

**At all 6030 Chevy dealers.**

GM

# The Potion of Love.

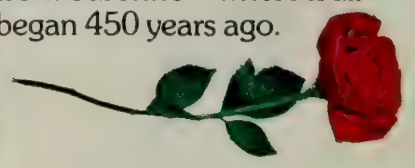
## And how it began in Saronno 450 years ago.



intriguing flavor and enjoy its rare and provocative bouquet. This is the magic of Amaretto di Saronno. The original Amaretto. Brought here from Saronno, the village of love.

Only the Cognac region of France can produce the finest Cognac brandy. And only the vineyards of Bordeaux can ever produce a true Bordeaux wine.

So also, the finest Amaretto liqueur comes only from Saronno—where it all began 450 years ago.



Amaretto di Saronno
We've left a rose alongside our name as a reminder of how it all began.




We know that she was young. Blonde. Beautiful. And that she was widowed. But did she create the original Amaretto di Saronno as a thank you for her portrait? Or was it a gift to express affection for Bernardino Luini, the now famous artist whose painting immortalized her in 1525?

History has lost most of the answers—even her name—leaving us nothing but Luini's stunning fresco in the Sanctuary of Santa Maria delle Grazie in Saronno, Italy. And...her



romantic liqueur. We still like to think Amaretto di Saronno is a liqueur that inspired a great love.

It's something to wonder about tonight as you discover its

Discover the many other ways to use Italy's rare liqueur of love. Write for our free drink recipe booklet and food recipe booklet, "Gourmet Secrets." Address: Foreign Vintages, Inc., 98 Cutter Mill Road, Great Neck, New York 11021, Dept. 012.

**Amaretto di Saronno.®**

**The Original Amaretto. From the Village of Love.**

56 Proof. Imported by Foreign Vintages, Inc. Great Neck, N.Y. © 1975.


# ADD-ON ARCHITECTURAL TOUCHES



An Oriental motif gives this family room its special char Stock half-round molding was strategically applied to the and the ceiling, then painted bright Chinese red.

Photographs: Courtesy of Western Wood Moulding and Millwork



What looks like an elegant paneled wall isn't at all. Fl fabric was applied to the wall, then surrounded with mol frames that had been cut in a series of 45-degree miter joint

# Why should you buy carpeting with "Scotchgard"[BRAND] Carpet Protector?



took a new carpet, half treated with "Scotchgard"
tector, half untreated. And heaped on mounds of dirt.



We brushed the dirt in.



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"Scotchgard" Protector keeps carpet cleaner.

All photographs unretouched.

## See for yourself.

cotchgard" Brand Carpet Protector makes a difference you n see. It helps keep dirt, grit and grime from getting locked to the pile. And because the soil is loosely held, carpet stays eaner two to three times longer than untreated carpet. So you on't have the bother and expense of cleaning as soon or as of- n. Ask for "Scotchgard" Protector when you buy carpeting.

Protected by Scotchgard

Soil resistant
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3M

**It keeps the look you paid for.**

# How to turn odd-size windows into assets

**Right:** A bay window adds its own kind of beauty to a room, yet it often calls for some special handling, decoratively. This treatment emphasizes the bay without upstaging the quiet elegance of the furnishings. Off-white lined linen was used for the valance, long jabots, and cafe curtains, and a bold print for the draperies.

**Below:** The only redeeming feature of these deeply recessed windows is that they offer a spectacular view. Rather than hanging conventional curtains or draperies (and further obstructing the view), the owner created this dramatic, light-reflecting effect by installing floor-to-ceiling shutters covered with mirror panels.



Photographs: Hedrich-Blessing. Design: Robert Melin, A.S.I.D.

**Below:** Most people frame sliding gla doors in traverse draperies and leave it that, fearing that anything more elabora would make it difficult to open and clo the doors. Here's a different solution: plywood cornice that's covered with t same fabric used for the draperies, a trimmed with braid and fringe.

**Bottom:** How do you contemporize traditional window? In this sophisticat dining room, it was done by encasing t window with a plywood box frame paint to match the high-gloss enamel walls. T framing effect gives the window a clea architectural look and conceals the mec anism that holds the vertical blinds. ■

Design: Bernard Nusinow, A.S.I.D



Design: Robert Melin, A.S



Design: Larry Deutsch, A.S.





# HOW TO SHARE ANY ONE OF YOUR PICTURES,



# WITH EVERYONE.

Extra prints of your favorite color pictures. A perfect way to spread around the perfect smile. Just take your slides, negatives, or prints to your photo dealer and tell him you want to have reprints made. Ask for processing by Kodak, or one of the many other quality photofinishers. Put a picture in your pocket or purse. Send some to your relatives. And remember that a picture worth taking is a picture worth sharing.

A message about reprints from Eastman Kodak Company on behalf of photo dealers and finishers.

# Remodeling? Free window idea booklet shows what you can do



©1975 Rolscreen Co.

Full of interesting examples of remodeling projects — from the simple installation of a bay window to the addition of an entire second story. Tells how important it is to your checkbook to pick the *right* windows. How you can cut rising heating, air conditioning, and maintenance costs. How you can wash windows from the inside, *easily;* eliminate screen and storm window bother. Shows types of windows available, in conventional wood, or wood with an aluminum exterior that needs no painting. And different window and door treatments in various architectural styles. Send today!

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# Send for guide for ideas and help when remodeling or building with ceramic tile.

*Beautiful ideas in Ceramic Tile*

Florida Tile Division, Sikes Corporation
P.O. Box 447, Lakeland, Florida 33802

Show me how your latest guide "Beautiful Ideas in Ceramic Tile" can save me time and money– give valuable information on the newest domestic and imported tiles, do-it-yourself advice and where local help is available.

I have enclosed 25¢ per copy for mailing and handling.

We plan to: ☐ BUILD ☐ REMODEL ☐ SOON ☐ LATER

NAME_____

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BHG-2




# GOOD NEWS

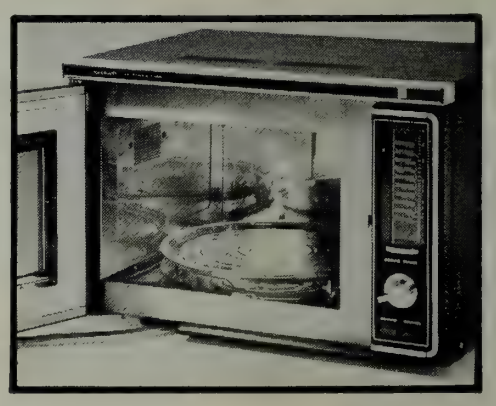





Here's a haul-it-yourselfer even a small car can tow. weighs just 250 pounds and has a hitch weight of only 2 but it will haul a half ton at highway speeds.

The cargo area is 49 inches wide, 60 inches long, inches deep. Both endgates fold flat, so you can carry plywood without damaging the edges. You may purchas al hardwood stack sides to increase loading space, a weatherproof steel cover, and adjustable channels for t ing motorcycles.

*Versatrailer,* $325. The Coleman Company, 250 N. St St., Wichita, Kans. 67201.



Any microwave oven makes cooking fast and clean But this model has a revolving tray so the meals cook a as they do in slower cooking conventional ovens. Here

The waves emanating from the magnatron tube in ar wave oven are disbursed, then absorbed by the meal b pared. Often, however, the waves tend to be more conc in one area of the oven than in another. This can r even cooking with a large item like a roast, or lack of u with a dish of smaller morsels like Brussels sprouts. T ing tray ensures that everything in the oven receives t amount of cooking microwaves.

*Carousel Microwave Ovens,* from $329.95 to $479.9 Electronics Corp., 10 Keystone Pl., Paramus, N.J. 07652.

**continued**

# Q. Does Speed Queen pack a coupon for Tide in every new automatic washer?

# A. Do little girls still make mud pies?




It seems like little girls have been making mud pies forever. And to help you get out the dirt they get into, Speed Queen packs a 40-cents-off Tide coupon in every one of their new automatic washers. Now with that kind of savings you'll probably try Tide. But will you continue to use it? We feel sure you will.

Tide was made to get out the dirt that your kids get into... the really tough dirt they grind into their clothes. And when you see the way Tide gets kids' clothes clean, you'll know you can trust Tide for the rest of your wash.



This Speed Queen washer has a large capacity stainless steel tub. It's rust-proof and chip-proof. This Speed Queen also has an infinite water level selector and a soak cycle.

**Tide has agreed with washer makers to supply Tide coupons packed by them and to feature their washers in Tide advertising.**

The makers of 17 washers pack Tide coupons in every top-loading automatic.

# GOOD NEWS



You don't have to lug your luggage when you use this ingenious mobile suitcase. Two wheels are recessed into one corner, and a rigid steel steering lever is enclosed on the opposite side. When not in use, the lever snaps into a channel on the side of the suitcase, and the wheels are lifted up off the floor.

*Cartwheels,* available in six colors, $92. Samsonite Luggage, 11200 East 45th Ave., Denver, Colo. 80217.



You may never have thought of yourself as a cabinetmake but you really can assemble kitchen cabinets custom tailored your needs—and save a bundle besides.

The cabinet panels and parts come prefinished and with a complicated joinery complete. Using just a hammer and a Phillip screwdriver, you assemble drawers, put fronts, sides, and bo toms together, and hang the doors. There's no need to spen time shopping for hardware, either. All necessary nails, screw hinges, drawer and door pulls, and glue come with each k

How much time will it cost to save money? A wall-hung cab net can be assembled in about ten minutes. Some projects a more complex, but others are even simpler.

*Do-It-Yourself Cabinets,* from $40 to $160 at Sears.

**continued**

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me Cat Chow with his ordinary food.
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until the 10th day. Then
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ou'll have some-
to smile about,
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an half as much
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at food (that's up
less per year).




For your pet's health,
see your veterinarian regularly

# International Silver's "let's be friends" hostess set



## ...at a friendly $5

plus 50¢ for postage and handling.
(value, $12)

International Silver wants you to have this beautiful $12-value hostess set for only $5.00. It's their way of getting to know you, and calling your attention to one of their many attractive silverplate patterns. And what a way to serve up a storm of compliments at your next party!

The silverplated dish measures 9⅜" x 6⅛" and comes with its own serving spoon in International's famous "Interlude" pattern.

We think once you've lived with this set, you won't want to live without more International Silverplate.

Limited quantity. So order your hostess set now. And at the same time, why not order one or more for upcoming gift-giving occasions?

**LIMITED OFFER. MAIL THIS COUPON TODAY**

**American Archives, Dept. WP3**
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Please send me the hostess sets indicated below. I am enclosing an additional 50¢ for each set ordered to cover postage and handling. (Connecticut residents, add 35¢ sales tax for each set ordered.)

☐ One hostess set @ $5.00 ☐ **Save 50¢.** Two hostess sets: $9.50 ☐ **Save $1.00.** Three hostess sets: $14.00

Total amount enclosed $_____(Check or Money Order)

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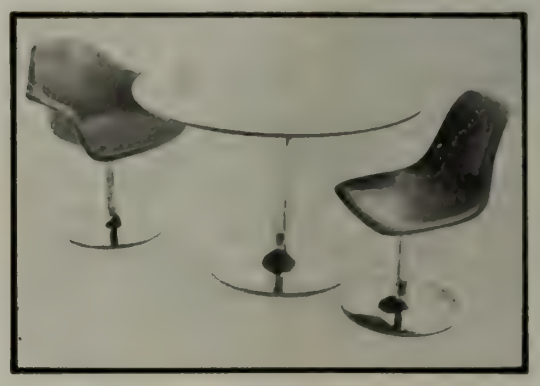
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# GOOD NEWS



Here's a high-style dinette set that's sturdy enough t off almost anything your family can dish out. The plasti top won't blister or burn if you set a hot pan or casser on the surface. The seats of the chairs (available with or arms) are fiber glass shells that won't chip or crack.

*USG Contemporary Dinette,* available in white, yellow or simulated butcher block. The 42-inch table costs armchairs, $114.50 per pair; side chairs, $99 per pair. States Gypsum Co., Box 88, Oconomowoc, Wis. 53066.



A chair-rail-high wainscot along a wall or all around adds a warm, rustic touch. You can install your own wain a matter of hours, and you don't have to be a master carpe own a shopful of tools, either. A hammer, saw, level, and pe and one prepackaged kit for each 12 feet of wall—are need to do the job.

This kit contains ten prefinished wood-grain plank tongue-and-groove edges, two matching pieces of ch molding trim, nails, mounting clips, and adhesive.

Carefully remove the existing baseboard and draw a pe plumb line to get the first plank started straight. Apply ad to the planks and slip each into position using the interl clips. Nail the chair-rail molding in place, replace the base and the job is done.

The finished wainscot wall, made of tempered and t hardboard, will take abuse that would permanently scar a wall and comes clean with soap and water.

*Marlite Wainscot Kits,* available in three wood-grain pa $39.95. Masonite Corp., Dover, O. 44622. ■



# Considering all I'd heard, I decided to either quit or smoke True.

# I smoke True.




## The low tar, low nicotine cigarette. Think about it.

© Lorillard 1975

rning: The Surgeon General Has Determined t Cigarette Smoking Is Dangerous to Your Health.

King Regular: 11 mg. "tar", 0.6 mg. nicotine, 100's Menthol: 13 mg. "tar", 0.8 mg. nicotine, av. per cigarette, FTC Report April '75.

# BETTER BEDROOMS:

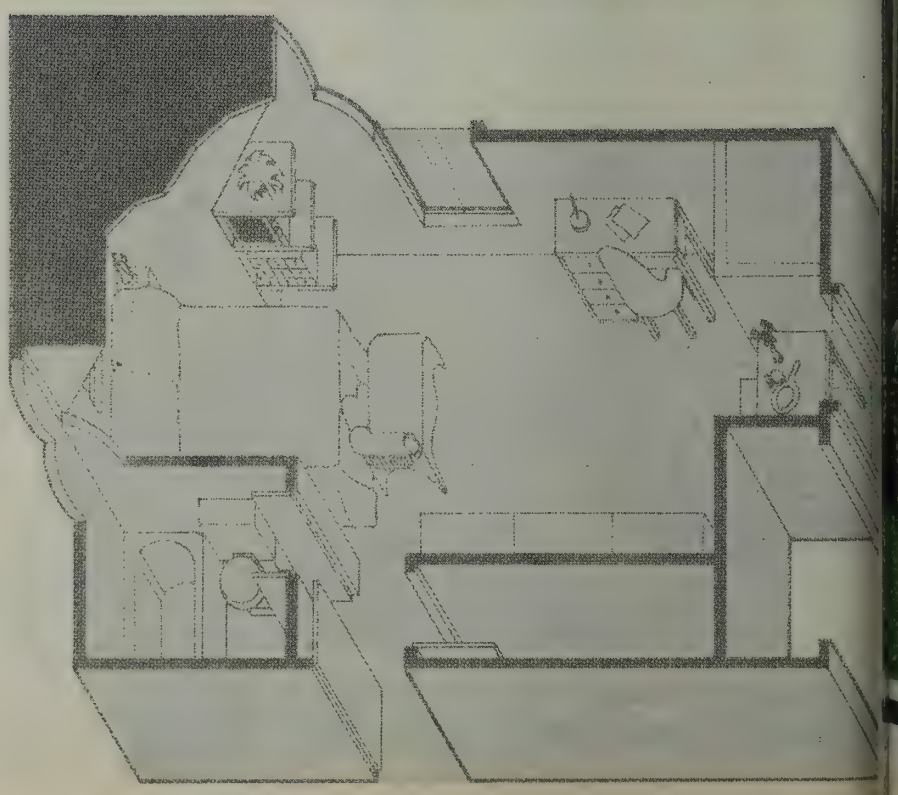
## MORE COMFORT MORE STORAGE MORE SPACE

By Richard W. Jones, Pamela Wilson Cullison, Robert E. Dittmer

**How well does your bedroom work for you? Does it provide you with plenty of storage? Does everything in the room contribute to a feeling of comfort and peace? Is the space—no matter how small or awkward—being used to the utmost? If the arrangement you have now isn't working, have you played around with alternatives? Most of all, does your bedroom suit your personality and reflect your tastes? If your bedroom fails to measure up in any of these areas, check out the nine rooms we're showing here. You'll find some great ideas that really work!**



Highly personal and a bit offbeat, this master bedroom didn't work for its occupants until they hit on the idea of tucking the bed into an alcove. Previously, the bed occupied the spot where the triple dresser now stands (see floor plan), and seemed to fill the room. A fanciful old-fashioned chaise anchors the foot of the bed, and a whimsical wicker headboard adds more personality without blocking light from the window. Adjustable shelves were built beneath the alcove eave to hold a small TV, needlework supplies, and bedtime reading material. The colorful afghan and all the pillows were made by the owner.



Photograph: Harry Hartman
Designer: Nan Baker
Source: Estelle Bond Guralnick





Many people shy away from using a large-scale print in a small- or average-size bedroom. They're afraid the powerful pattern will dominate the room and make it look smaller. Here a large print *does* dominate the room, but to its decorative advantage. Simple, light furniture and a mirrored headboard keep the room from shrinking under the weight of the pattern. Visually, the mirror adds to the size of the room by bouncing light and extending the view. You can make a similar mirrored headboard by framing 12x24-inch mirrors in white 1½-inch picture moldings, mounting the mirrors with contact adhesive on ½-inch plywood, then nailing the unit to the wall.

Photograph: Fred Lyon
Design: Pacheco Valle/Saddleback Interior
Source: Helen Heitkamp

This spacious bedroom *(above)* is used as a sitting room as well as a place to sleep. A "non-bedroom" look was achieved by avoiding conventional bedroom furniture and by building "his" and "hers" storage areas on either side of a picture window, thus eliminating the need for dressers. Each built-in unit contains shelves for easy access to sweaters and shirts, and six drawers for underwear, lingerie, socks, etc. To unify the storage areas with the rest of the room, the units were covered with the same cork vinyl used on the walls. A floor-to-ceiling mirror adds glamour to the setting.

Photograph: Ross Chapple
Designer: Keith Gasser of Jesse Benesch & Associates
Source: Eileen D. Leubecker

**Buying information, page 110.**

# BETTER BEDROOMS:




Are you a neat-as-a-pin kind of person who's always in need of more drawer space? If so, this bedroom with its 42—yes, 42—drawers might well be the answer you've been looking for. Each modular plastic drawer costs about $17.50, and you buy as many as you need, arrange them any way you want, and stack them as high as your heart desires.

Here the drawers have been used to create a storage-laden mattress platform, a bedside table, and two towering chests. The tranquility of this almost-all-white room is magnified by a mirror that wraps around the window. Two pharmacy lamps provide reading light without distracting from the soothing simplicity of the room.

Photograph: Mike Dieter





Cozy and compact as a stateroom on a ship, this dark-paneled bedroom *(left)* boasts a captain's bed that incorporates drawer and shelf units "down under." The storage units, purchased separately, can fit neatly under *both* sides of the bed. Our grouping (bed, one shelf unit, and two drawer units) cost about $319. If you want shelves and drawer units for both sides of the bed, the price will be $195 more. The coordinating three-drawer dresser with a plastic top will run you about $110, and the cabinet above with sliding mirrored doors is $84. A mirrored cabinet is a great idea for a bedroom—whether you use it for stowing away cosmetics or for displaying a favorite collection.

Photograph: Mike Dieter

Perhaps your problem isn't one of arrangement, or lack of space and storage, but simply a dull, overly familiar look. Sometimes all it takes to banish the blahs is a willingness to be adventuresome. In this teen-ager's room *(above)*, a bold stroke of daring paid off handsomely. High-gloss emerald green enamel was applied to the walls, and a Chinese red border was painted at ceiling height to create the illusion of molding. Inspiration for the unusual color scheme came from the zingy chevron-patterned sheets. One sheet was used to add a big punch of pattern to the staid cannonball bed, and another was turned into a Roman shade with matching cornice for the window. When the shade is down, it becomes a modern "work of art."

Photograph: Harry Hartman
Designer: Barbara Miller
Source: Estelle Bond Guralnick

**Buying information, page 110.**

# BETTER BEDROOMS:




By using modular wall units like these, you can create a room within a room, exactly the way you want it. Sophisticated yet casual, these units feature practical white plastic surfaces, elephant gray synthetic suede on the natural finished doors, and of course plenty of easy-access storage behind the doors. The optional lighted backsplash provides additional shelf area for favorite possessions, and dramatic lighting for the room. The modular elements in this 9x12-foot room include a 53-inch-tall chest with five large drawers, three small drawers, and two adjustable shelves inside ($528). Also shown here, to the right o chest, are a two-door cab ($228), a four-door cabine ($340), a corner unit ($20 three-drawer dresser ($3 and lighted headboard ($ Without the lighted back- splash, these units cost le All prices quoted are app mate and subject to chan

Photograph: Mike Dieter





If you have a bedroom that's barely big enough to contain a bed, let alone anything else, here's a solution *(left)* that really works. Throw out all the rules about where a bed should be, turn the head of the bed *into* the room, then back it with a "headboard" of dressers. By doing this, you'll be taking full advantage of space that usually goes to waste. The same idea would be equally workable in a room chopped up by windows, closets, and doors. In this bedroom, another great space-saver is the chrome étagère shaped to fit in a corner.

Photograph: Ross Chapple
Designer: Richard Taylor of The H. Chambers Co.
Source: Eileen D. Leubecker

A bedroom doesn't work when it suffers from a shortage of closet space. This is especially true when two people share a room with only one skimpy closet, or when one of the roommates happens to be an inveterate collector of clothes. Sometimes the only solution is to build your own closets. True, you'll lose floor space doing this, but we think you'll find the loss is minimal when compared to the benefits gained. In this traditional 12x12-foot master bedroom *(above)*, a bank of old shutters was used to create a much-needed closet. Painted wedgwood blue to match the woodwork, the new closet looks as if it had always been part of the room. Gold-painted picture frames—minus the pictures—make interesting artwork for the wall.

Photograph: Harry Hartman
Design: The Terrence Boylans
Source: Estelle Bond Guralnick

**Buying information, page 110.**

# Southwest Quilters

## stitched into their colorful art is a record of their lives, loves, hopes and hard times

What other American folk art is as filled with warmth and charm as quilting? Those appealing qualities are evident in the stunning quilts made by the seven women on these pages. They are country women of the Southwest—a land of flat plains, square farms, vast spaces. In that visually sparse environment, the richly colored quilts bloom like flowers in the desert—an irrepressible expression of life and beauty. For many, the quilt is also a kind of family album in fabrics; its scraps contain meaning and memories. "This soft patch here came from Jennie's graduation dress . . . that one's from Grandpa's vest lining . . . and this is from my favorite doll when I was a little girl."

Obviously, the stories these quilters tell are highly personal. But together they comprise a very American story of experiences unique to our soil and our heritage. As you enjoy the exquisitely stitched quilts we feature here and on the following pages, and as you meet the women who have created them with such loving care, you will come a little closer to the vitality of our national life.

**By Myles Callum**

Written in cooperation with Patricia Cooper and Norma Buferd, authors of "The Quilters," a book to be published in the fall by Doubleday.





Mrs. Mary Kyle of New Mexico pulls up close to work on a 500-block Pinwheel quilt with more than 7,000 pieces. The pieced top was made in the 1930s. Here she is doing only the quilting—stitching the top, batting, and backing layers together in a sandwich that constitutes the finished quilt. She learned to quilt from her mother, then took time out to raise six children. At right, she uses a thimble handed down from her grandmother. "Seems my finger's bent to the needle just like hers," she says. "It's the only thimble that fits me."





White-haired and vivacious, Mrs. Arthur "Willie" oodburn made her first quilt at the age of 13. By t time she already had a fine assortment of ches. "I'd pick up scraps that my mother dropped the floor. She gave me a scrap box when I was " At 14 she met Arthur Woodburn, and called "Mr. Arthur" until they were engaged because was her teacher. She laughingly says that he still In the early days of their marriage they lived 65 es from the railroad. "Everything was precious," says—a theme expressed repeatedly by the ters. Nothing was wasted.



⬆ Star of Bethlehem quilt is framed against a weather-worn house whose stark geometry reflects the no-nonsense architecture of southwestern settlers. Long abandoned, the house is now a local historical site.

➡ Quilt patterns were often inspired by what the quilter saw around her—natural forms, man-made structures, tools, windmills, anvils. The Log Cabin quilt has several popular variations; all have alternating sections of light and dark squares or rows. This one is called Sunlight and Shadow.

⬅ Little Baskets quilt is displayed on an old iron frame bed in the attic of the building above.

➡ The spokes and shape of an old wagon wheel are visible behind a Nine Patch quilt. The Nine Patch was an easy pattern for girls just learning to quilt.









For Rosie Fischer, 73, quilting is one of life's cozy pleasures. "I quilt when it's dreary," she says. "When it's cold and rainin' outside, you know what I'll be doin'." But quilting wasn't always a hobby for her; Rosie learned to quilt early, of necessity. "My mother died when I was 12 and there was nine of us kids left to make do. So we had to make quilts or go without. There's all kinds of warmth to quiltin'." When her grandson wanted to know how many stitches were in a block, Rosie suggested he count them. He counted a thousand in one block. "I like doin' a thing to last," she says.

↑ Simple block quilt is a colorful contrast to the parched furrows of Joe and Rosie Fischer's farm. The squares of the quilt are reminiscent of farm fields viewed from the air—alike in shape, but each with a different pattern.



➔ A charming quilt of butterflies and flowers billows in the Texas wind that sweeps through the Fischers' screened porch.





↑ Dresden Plate quilt is an old favorite. In some sections it's called Friendship Ring.

← Joe Fischer watches proudly as Rosie works on the Dresden Plate quilt stretched across a frame. Some quilters keep the frame suspended on pulleys and strings a few inches from the ceiling and lower it to work.

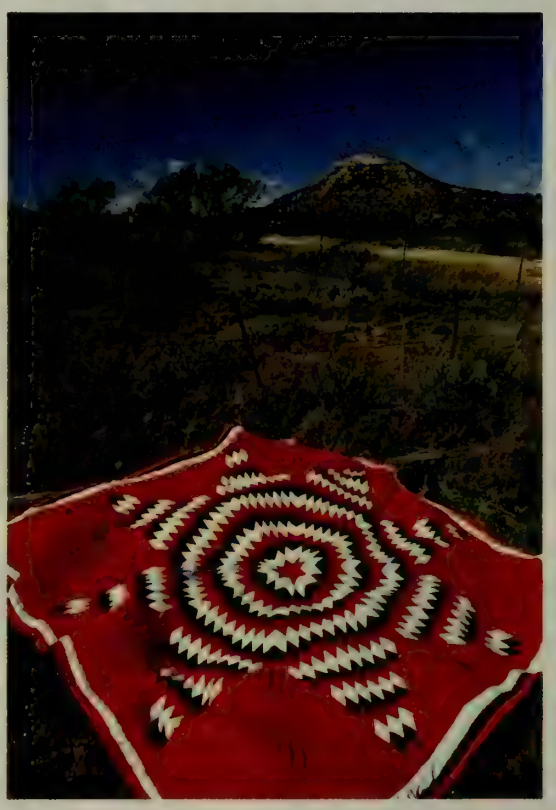
→ This variation of a Windmill pattern is executed in a handsome graphic design.







Myrtle Thomas started quilting at 14, now does about 100 quilts a year. She and her husband Hampton have been married for 49 years; for 27 of them they operated a gas station together. Myrtle can change a flat, shoot a .22, and stitch up a storm. She uses her quilting money to fix up the house; quilts have paid for carpets and paneling. Some years back she belonged to a quilting-bee group that got together every two weeks. "The younger girls didn't want to quilt," she says, "and the group gradually got so small we couldn't finish a quilt in a day. We finally stopped getting together."



⬆ Draped on the high wall of an old abandoned building near the Thomas home in Texas is a lovely Lone Star quilt. On the lower wall, a simple pattern of alternating light and dark triangles suggests the teeth of a saw.

⬇ Baby Blocks quilt is made of diamond-shaped pieces that fit together to form rows of cubes, suggesting the blocks children play with. Part of the pattern's fun lies in the visual illusion created by juxtaposing lighter and darker pieces; the blocks seem to go in or out, depending on how you see them.



⬅ Quilt names are often as colorful as the quilts themselves. This design is called Pickle Dish. Names vary in different parts of the country, and some patterns have several names. Some whimsical examples: Crazy Ann, Forbidden Fruit, Drunkard's Path, Robbing Peter to Pay Paul, Hearts and Gizzards.

⬆ Pulsing with color, the radiating points of a Lone Star quilt are a pretty contrast to the Texas landscape. The star in its myriad forms is easily the most common quilt design; there are well over 100 different patterns.





In a house she built with her late first husband, a carpenter, Quirl Thompson Havenhill works on a space-saving, adjustable quilting frame she designed herself. Her years of training in carpentry gave her a passion for precision that shows in the way she plans a quilt. "You have to cut the pieces true and seam 'em true," she says, "or it won't come out." Unlike most quilters, she rarely did needlework as a girl, preferring to work in the fields with the men. She saves everything; neatly labeled boxes contain patches of fabric, cardboard patterns, squares of tissue. "They taught us not to waste," she says.

⬇ Fanfare is Quirl's own design. This demanding pattern requires meticulous piecing to achieve the straight lines and sharp points of the triangles, and to fit the odd-shaped pieces of the fan into a festive whirl. To appreciate the work, examine the close-up of one square.

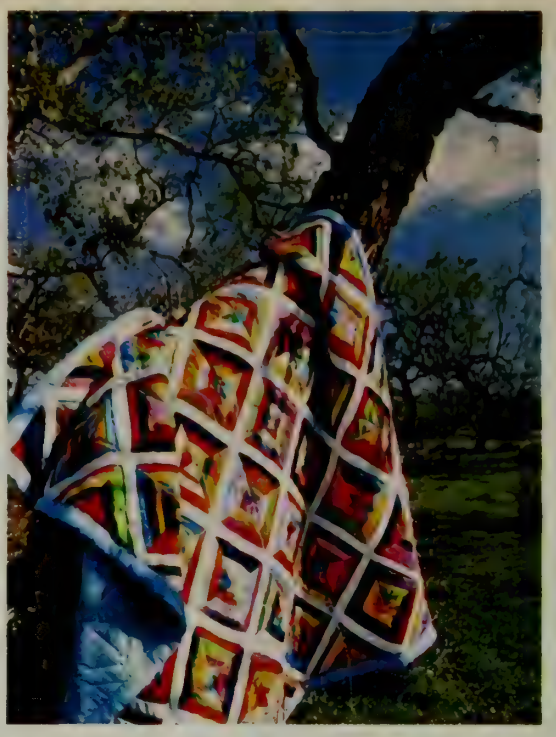
⬆ Backlighted by the sun outside the Havenhill home in Clovis, New Mexico, is Diamond Field, a mosaic of hexagonal patches. One of the oldest and most popular quilt patterns, it is also one of the most time-consuming; Quirl spent 300 hours on this one. "I made 50 cents an hour," she laughs. "Who'd work for that?"







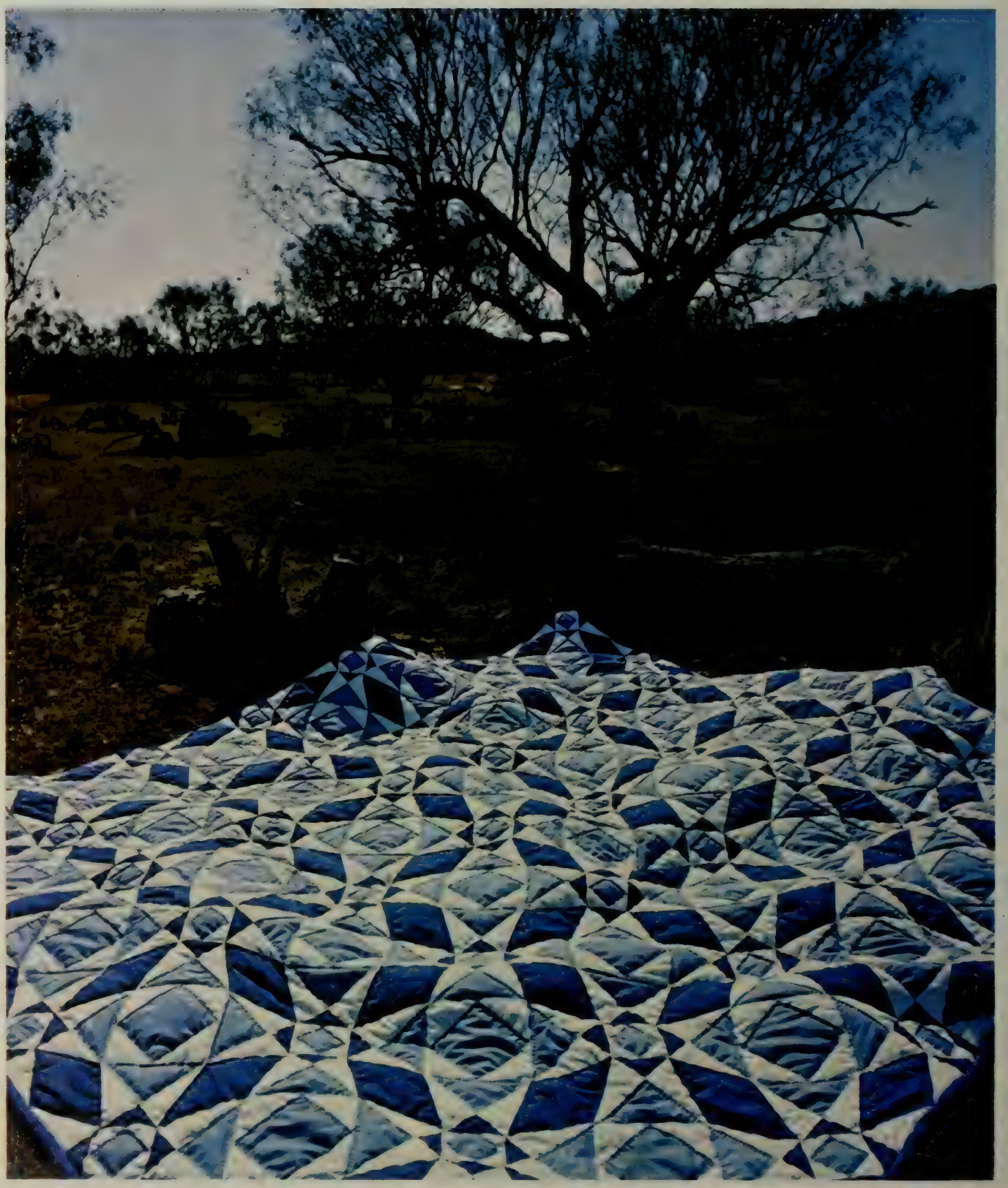
In the country stillness of Erma Wink's ranch near Robert Lee, Texas, about the loudest sound you hear is her stitching. At left, she works on a quilt set up on a frame in her dining room; the pattern is called Farmer's Daughter. "Red's my favorite color. And yellow," she adds. "Red and yellow set up good." Not long ago she started a Snowball quilt that was planned to be red and white. "But what with all those colored scraps I couldn't waste . . . well, to me a quilt comes out of a scrap bag."



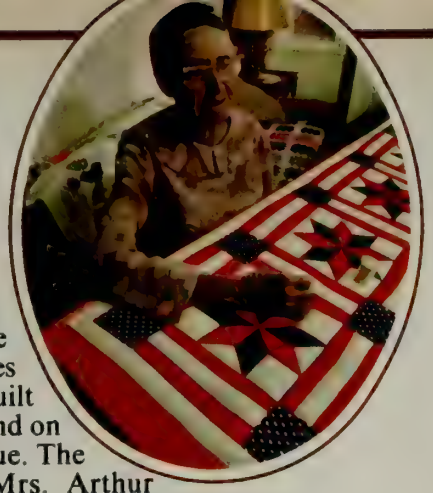
← "This is a kind of Log Cabin design made from odd strips," says Erma. "The land out here is brown enough! I add the color."

↓ Because its undulating rows of diamonds suggest choppy waves, this quilt is aptly called Storm at Sea. It's done in the traditional colors for this pattern, with patches of light and dark blue, alternating with white pieces for contrast.

↓ A beautiful Sunflower quilt is draped over a weathered fence on the Winks's picturesque ranch. Note that the strips making up the petals are not only pointed but curved and seem to overlap, suggesting a rotating pinwheel effect.







Mabel Metcalf, 82, has done 34 quilts this year. Here she works on the Better Homes and Gardens Bicentennial Quilt that's pictured to the right and on the cover of this month's issue. The quilt top was pieced by Mrs. Arthur Woodburn. "I quilted for all my babies and my grandbabies," says Mabel. "Keeps me busy, quiltin' for all of 'em." Indeed it would: she has three children, three grandsons, and eight great-grandchildren. One year she finished no fewer than 52 quilts—one a week. Quilting for others also helps buy groceries.

For information on how to order material with complete step-by-step illustrated instructions for making your own Bicentennial Quilt—and the matching Bicentennial Patchwork Pillows—see page 117





They're all bloomin' masterpieces! The dinnerware bursting out of these packing boxes is the latest in floral design—and as you can see, it's come a long way. Time was when posy-patterned china was pale, anemic, and usually confined to timid floral bandings. But no more. Today's tableware sheds its inhibitions and comes on strong. It's there to be admired and to make a definite contribution to the total decor of both dining and living areas.

Floral fine china and informal ware don't need much backgrounding—no damask or fancy lace, please. The simple wood grain of your table shows off the floral pattern to best advantage—or you can play it up with one-color textured place mats or runners. For the names of these patterns and more tips on how to use new floral dinnerware and tabletop accessories, turn to page 101. Buying information is on page 110.

# set your table with FLOWERS

*By Elizabeth Craster*



# THE STOCKPOT--HOW TO COOK U

**Wait! Don't toss out those bones, potato peelings, onion skins, limp parsley and what have you. We'll show you how to parlay those bits into super-versatile stock, full-bodied broth that's a basic**

To start the stockpot simmering, we've conjured up these four thrifty dishes.

Vegetable soup has never been so flavorful since Grandma ladled it out of her soup kettle on a cold winter's day. **Beefy Vegetable Soup** *(below)* combines beef stock with tomatoes, onion, potatoes, carrots, celery, noodles, cooked beef, and a few cups of just about any cooked vegetable you have on hand.

Beans can be plate-scrapin' good with a flavor boost from stock. **Baked Baby Limas** *(right)* simmer in ham stock, then bake in traditional fixings.





**Doris Eby and**
**ncy Hopkins**



**gredient in foods from main**
**shes to the simplest of sauces.**
**is waste-not, want-not kind of**
**oking is hardly new. Good cooks**
**ve been practicing it since**
**oneer days, and it's resurfacing**
**a great way to cut food costs.**

Begin by making your own sausage with pepped-up ground pork and end up with a meal in a soup bowl. Our **Italian Soup** *(left)* combines a chicken or beef stock base with spinach, potatoes, and crisp bacon.

Leaves of cabbage house a stock-enhanced filling of ham and rice in **Ham and Cabbage Rolls** *(below).*

That's only the beginning—use stock for poaching eggs, as liquid in breads, for cooking vegetables, as a chowder base, or for hot pot cooking. Take stock and see what a world of good eating you can create!

*Recipes begin on page 87*
*Buying information, page 110*

Photographs: de Gennaro.
Food Stylist: Mable Hoffman



# UPER MEALS FROM THROWAYS

# LOW-CAL, LOW-COST, EASY-TO-FIX MENUS

Want to shape up without capsizing your food budget or spending hours fussing over meals that only a rabbit could relish? Then follow along with us! We've concocted some low-calorie menus that are so tasty you'll actually be *tempted,* not coerced, to jettison those excess pounds. Not only that, our menus are all bargain priced so your food costs won't escalate as your weight goes down.

And we haven't forgotten that you don't want to spend too much time in the kitchen—particularly when you're trying extra hard to get your mind *off* food. Our suggested menus are all easy to fix, so you won't have an excuse to grab a quick calorific sandwich followed by a dish of ice cream and a few cookies just to avoid the bother of preparing a real meal.

With one fell swoop, our delectable menus demolish those time-worn alibis standing between you and a slimmer figure: "Diet food is boring," "Diet food costs too much," "Those special diet foods taste strange," and "I don't have time to fix low-calorie meals."

There is one hitch. With menus this tasty, you won't get any sympathy for being "on a diet." But after all, you can't have everything.



A SLIMMING SEAFOOD SUPPER-523 CALORIES



AN UNBEATABLE BURGER FEAST-514 CALORIES




| *Low-cal Menus* | *Calories per serving* |
|---|---|
| **A Slimming Seafood Supper** | |
| Vegetable-topped Halibut Steak* | 211 |
| Baked potato half with whipped neufchatel cheese (1 tablespoon cheese), chives | 81 |
| Green beans (½ cup beans) | 17 |
| Lettuce wedge with low-cal dressing (1 tablespoon) | 23 |
| Fruit-filled orange (½ small orange, ½ cup pear, and 1 tablespoon diced dates) | 116 |
| Glass of white wine (3 ounces) | 75 |
| TOTAL CALORIES | 523 |
| **An Unbeatable Burger Feast** | |
| Burgers Florentine* | 266 |
| Hot Tomato Bouillon* | 29 |
| Orange-Cucumber Salad* | 62 |
| Julienne carrots (½ cup) | 24 |
| Pear chunks with low-cal whipped dessert topping (1 pear, ¼ cup topping) | 133 |
| TOTAL CALORIES | 514 |
| **A Satisfying Meatball Dinner** | |
| Cherry Tomato Meatballs* | 268 |
| Broccoli spears (1 stalk) | 47 |
| Dinner roll, butter (1 teaspoon) | 94 |
| Orange-apple slice salad (½ medium orange, ½ apple) | 85 |
| Whipped low-cal gelatin | 8 |
| Glass of skim milk (¾ cup) | 67 |
| TOTAL CALORIES | 569 |
| **A Bargain Brunch** | |
| Ham Soufflé in Green Pepper Cups* | 208 |
| Tomato wedges (½ tomato), green onion garnish | 22 |
| Bran muffin, butter (1 teaspoon) | 137 |
| Pineapple in its own juice, mint sprig (½ cup pineapple) | 66 |
| Tea and lemon or coffee | 00 |
| TOTAL CALORIES | 433 |

**Recipes begin on page 87*
*Buying information, page 110*


99
CALORIES
PER
SERVING
224
CALORIES
PER
CALORIES
PER
SERVING

# SALADS THAT SAVE MONEY AND CALORIES

Our main dish salads are made to order for the dieter. They're fresh, filling, and fast to fix.

In the lower left, **Chicken-Pineapple Boat** heartily serves four. **Zesty Salad Dressing** tops the chunky salad.

**Marinated Tuna and Vegetables** *(center left)* take on a touch of dill with a coating of **Tomato Salad Dressing**—a feast for three. Or, try the same tangy dressing atop **Grapefruit-Seafood Salad** *(top left)* and you have a main dish for four.

To give a traditional salad a salty air, add scallops and you have **Seaworthy Chef Salad** *(top right)*. Ladle on the **Diet Thousand Island Salad Dressing** (starts from homemade **Diet Salad Dressing**) and serve six in a breeze.

**Cottage Cabbage Apple Slaw** *(lower right)* transforms side-dish coleslaw into a main-dish attraction. Add cottage cheese and yogurt-laced **Diet Blue Cheese Dressing** and you can serve four in style.

*Recipes for these salads and more money-saving dieter's staples begin on page* 89
*Buying information, page* 110



# SALAD DRESSINGS THAT SAVE MONEY AND CALORIES



Commercial low-calorie salad dressings do save calories, but they can boost the food bill. Here are a few easy-to-make and tasty salad dressings at half the price with double the duty. Not only can you use them to top any salad, but you can also keep them handy in your refrigerator to use in other recipes.

**DIET SALAD DRESSING**
(Mayonnaise substitute)
*Use on sandwiches or as a base for our Diet Thousand Island Dressing—*
**1 tablespoon all-purpose flour**
**1 tablespoon sugar**
**1 teaspoon dry mustard**
**½ teaspoon salt**
**Dash cayenne**
**¾ cup skim milk**
**2 slightly beaten egg yolks**
**3 tablespoons vinegar**

In a saucepan, combine the flour, sugar, dry mustard, salt, and cayenne; stir in the milk. Cook and stir till mixture thickens and bubbles. Gradually stir the hot mixture into the slightly beaten egg yolks. Return all to saucepan; cook, stirring constantly, 2 minutes more. Place a piece of waxed paper over the surface; cool 10 to 15 minutes. Remove waxed paper; stir in vinegar. Transfer to jar; cover tightly and chill. Makes ¾ cup dressing. 18 calories per tablespoon.

**ZESTY SALAD DRESSING**
*Terrific as a marinade for chicken, too—*
**1 tablespoon cornstarch**
**1 teaspoon sugar**
**1 teaspoon dry mustard**
**1 cup cold water**
• • •
**¼ cup vinegar**
**¼ cup catsup**
**1 teaspoon prepared horseradish**
**1 teaspoon worcestershire sauce**
**½ teaspoon salt**
**½ teaspoon paprika**
**Dash bottled hot pepper sauce**
**1 clove garlic, halved**

In a small saucepan, combine the cornstarch, sugar, and dry mustard; gradually stir in the water. Cook, stirring constantly, over medium heat till the mixture thickens and bubbles. Remove from heat. Cover surface with waxed paper. Cool 10 to 15 minutes. Remove waxed paper; stir in the vinegar, catsup, horseradish, worcestershire, salt, paprika, and hot pepper sauce; beat till smooth. Add garlic; transfer to jar. Cover and store in the refrigerator. Remove garlic before using. Makes 1⅓ cups dressing. 6 calories per tablespoon.

**DIET BLUE CHEESE DRESSING**
*Try this dressing atop a fresh pear and mandarin orange salad—*
**1 cup plain yogurt**
**2 tablespoons crumbled blue cheese**
**2 teaspoons sugar**
**½ teaspoon celery seed**
**Dash bottled hot pepper sauce**

In a small mixer bowl, combine the plain yogurt, *half* the blue cheese, the sugar, celery seed, and the bottled hot pepper sauce. Thoroughly beat dressing with rotary beater till smooth. Stir in the remaining blue cheese. Transfer to jar; cover tightly and chill. Makes approximately 1 cup dressing. 13 calories per tablespoon.

**DIET THOUSAND ISLAND DRESSING**
*A great dress-up for tomato wedges—*
**½ cup Diet Salad Dressing**
**1 tablespoon chopped green onion**
**1 tablespoon chopped green pepper**
**1 tablespoon catsup or chili sauce**
**1 tablespoon chopped pimiento**
**1 teaspoon prepared horseradish**

In a small mixing bowl, stir together the Diet Salad Dressing, the chopped green onion, the chopped green pepper, catsup or chili sauce, chopped pimiento, and the horseradish. Transfer to jar; cover tightly and chill. Makes 2/3 cup dressing. 16 calories per tablespoon.

**For Diet Tartar Sauce:** Combine *½ cup of the Diet Salad Dressing* with *2 tablespoons finely chopped dill pickle, 1 tablespoon snipped parsley,* and *1 tablespoon chopped green onion.* Transfer to jar; cover and chill. Serve with fish. Makes about ½ cup. 17 calories per tablespoon.

**TOMATO SALAD DRESSING**
*Delicious on a chilled shrimp or mixed seafood cocktail or as a sauce for hot cooked vegetables*
**1 8-ounce can tomato sauce**
**2 tablespoons tarragon vinegar**
**1 teaspoon worcestershire sauce**
**½ teaspoon salt**
**½ teaspoon dried dillweed**
**½ teaspoon dried basil, crushed**
**½ teaspoon onion juice**

In screw-top jar, combine the tomato sauce, tarragon vinegar, worcestershire sauce, salt, dried dillweed, basil, and onion juice. Cover tightly with jar lid and shake well; chill thoroughly. Shake before serving. Makes approximately 1 cup dressing. 4 calories per tablespoon.

MICROWAVE COOKING

BY JOAN McCLOSKEY

# CALORIE-CUTTING MAIN DISHES

You've probably already discovered that microwave ovens are loaded with assets. They cook foods speedily, keep the kitchen cool, rescue leftovers, eliminate sticky pots and pans, and take very little space for the big job they perform. But did you know they can help you cut calories, too? Here are some tips to help you cook up a slimmer figure, and three low-calorie recipes to start you off.

**To cut calories with your microwave, follow these suggestions the next time the "hungries" hit you:**

● If your favorite recipe calls for cooking green pepper, onions, mushrooms, and celery in butter or margarine till tender, combine vegetables with a little water in a bowl, cover with waxed paper or plastic wrap, and micro-cook till tender without added fat.

● If a fish or chicken recipe calls for cooking in butter, margarine, or oil, omit the fat and micro-cook instead. If you prefer browned fish or chicken, use a browning plate offered as an option by some microwave manufacturers. Or sprinkle the food with an herb or paprika. Brush meats with worcestershire sauce or soy sauce.

● Instead of making a buttery roux or rich cream sauce for a vegetable or meat, micro-cook a sauce with broth, herbs, and a little cornstarch.

● When you're in a hurry, don't resort to high-carbohydrate foods you can eat out of the box or can. It takes only minutes to thaw a lower calorie main dish you've prepared, or cook an extra-lean hamburger patty, or micro-cook a scrambled egg.



**LORIE-CUTTING ITALIAN HADDOCK**

**pound frozen haddock fillets**
**teaspoon dried basil, crushed**
**tablespoons chopped onion**
**tablespoon water**
**cup (½ of 16-ounce jar) spaghetti sauce with mushrooms**
**cup (2 ounces) shredded mozzarella cheese**

To thaw fish, place frozen package on per toweling in microwave oven. Using frost cycle, micro-cook 7 to 8 minutes, ning package once. Remove fish from box. parate fillets. Place fish in 8x8x2-inch ass baking dish. Sprinkle with the basil and ittle salt. Combine onion and water in small ass bowl; micro-cook, covered, 1½ mines. Sprinkle onion over fish. Pour spaghetti uce over fish. Cover with waxed paper. cro-cook 6 minutes or till fish flakes easily th fork, giving dish two half-turns. Top with eese. Return to oven; micro-cook 30 seconds more. Makes 4 servings. 180 calories r serving.



**EGG FOO YUNG CASSEROLE**

**1 recipe Chinese Brown Sauce**
**¼ cup *each* sliced green onion, celery, chopped green pepper**
**1 tablespoon low-calorie imitation margarine**
**1 cup canned bean sprouts, drained**
**¼ cup chopped water chestnuts**
**6 beaten eggs**

Prepare *Chinese Brown Sauce:* In 2-cup glass measure or bowl, micro-cook *1 tablespoon low-calorie imitation margarine* for 30 seconds; blend in *2 teaspoons cornstarch* and *1 teaspoon sugar.* Add *½ cup water* and *4 teaspoons soy sauce.* Micro-cook 1½ minutes, stirring twice. Keep warm.

In glass bowl, combine onion, celery, green pepper, and margarine. Cover; micro-cook for 2½ minutes. Stir in remaining ingredients. Pour into four 12-ounce glass or pottery casseroles. Micro-cook 3 to 3½ minutes, turning after 1½ minutes. Spoon sauce over each serving. Makes 4 servings. 182 calories per serving.



**FRUITED CHICKEN BREASTS**

**¼ teaspoon finely shredded orange peel**
**½ cup orange juice**
**1 tablespoon sliced green onion**
**1 teaspoon instant chicken bouillon granules**
**3 medium chicken breasts, split and skinned**
**½ cup seedless green grapes, halved**

In 12x7x2-inch glass baking dish, combine orange peel, juice, green onion, and bouillon granules. Add chicken; sprinkle with a little *salt, pepper, and paprika.* Cover dish with waxed paper. Micro-cook for 12 minutes, rearranging chicken after 6 minutes. Remove chicken to warm platter; keep warm. Measure pan juices. Add water, if necessary, to measure ¾ cup liquid. Blend *1 tablespoon cornstarch* with *1 tablespoon cold water;* stir into juices. Micro-cook 2 minutes or till thickened and bubbly, stirring after 1 minute. Add grapes; cook 30 seconds. Spoon some sauce over chicken; pass remainder. Garnish with orange slices, if desired. Makes 6 servings. 206 calories per serving.

# Give me the Campbe



begins on page 78

# The stockpot

**BASIC STOCK**

- 4 pounds meaty beef bones *or* 2½ pounds chicken necks, wings, backs *or* 2 1-pound meaty ham bones
- 3 medium onions, quartered
- 1½ cups celery leaves
- 6 sprigs parsley
- 1 tablespoon salt
- 4 or 5 whole peppercorns
- 1 or 2 cloves garlic, halved
- 2 or 3 bay leaves
- 2 teaspoons dried thyme, crushed *or* 1 tablespoon dried basil, crushed
- 2½ quarts water

*Add 2 or 3 of the following:*

1½ cups potato peelings
1½ cups carrot peelings
1½ cups turnip tops or peelings
1½ cups parsnip tops or peelings
4 or 5 outer leaves of cabbage
¾ cup green onion tops, sliced
¾ cup leek tops, sliced

In 10-quart Dutch oven, combine one type of the meat bones, the onion, celery, parsley, salt (use only 1 teaspoon salt when making ham stock), peppercorns, garlic, bay leaves, and thyme or basil. Add water. Add two or three of the leftover vegetables, using your eye to measure the amounts called for. (Exact measurements are not critical.*) Bring to boiling. Cover and simmer over low heat 2½ to 3 hours. Remove meat bones; set aside. Strain stock, discarding vegetables and herbs. Clarify stock: Crush *1 eggshell,* mix with *one egg white* and *¼ cup water.* Stir into hot stock. Bring to boiling. Remove from heat; let stand 5 minutes. Strain through cheesecloth. Skim off excess fat or chill and lift off fat. Pour into pint or quart jars or containers; cover and refrigerate. (Stock may be stored in refrigerator up to 2 weeks or in freezer up to 6 months.) When bones are cool enough to handle, remove meat from bones. Store meat in separate covered container in refrigerator or wrap in moisture-vaporproof wrap; seal, label, and freeze. Makes about 7 to 8 cups stock.

*We suggest using stronger-flavored vegetables and seasonings with the beef and ham stocks; more delicate flavored vegetables with chicken stock.

---

**BEEFY VEGETABLE SOUP**

- 3 cups Beef Stock
- 2 cups diced, cooked beef
- 1 16-ounce can tomatoes, cut up
- 1 medium onion, chopped (½ cup)
- 3 stalks celery, chopped (1½ cups)
- 1 large potato, pared and diced (1 cup)
- 1 cup uncooked noodles (optional)
- 1 medium carrot, pared and thinly sliced (½ cup)
- 1½ teaspoons salt
- ½ teaspoon dried thyme, crushed
- ½ teaspoon dried basil, crushed
- ⅛ teaspoon pepper
- 2 cups cooked vegetables (broccoli, cabbage, cauliflower, corn, green beans, peas, or cooked dried beans)

In large saucepan or 4-quart Dutch oven, combine the Beef Stock, cooked meat, tomatoes, and onion. Add celery, potato, noodles, carrot, salt, thyme, basil, and pepper. Bring to boiling; reduce heat. Cover and simmer till vegetables are tender, about 20 to 25 minutes. Add the 2 cups cooked vegetables; heat through. Season to taste with additional salt and pepper. Makes 8 servings.

---

**BAKED BABY LIMAS**

- 1 cup (8 ounces) dry baby lima beans
- 3 cups Ham Stock
- ¼ cup packed brown sugar
- ¾ teaspoon dry mustard
- ½ cup chopped onion

Rinse beans and drain. In saucepan, combine beans and the Ham Stock. Bring to boiling; simmer 2 minutes. Remove from heat; cover and let stand 1 hour. Do not drain. Cover and simmer till tender, about 1 hour. Drain beans, reserving liquid. In 1-quart casserole, combine ½ cup of the reserved liquid and the beans. Stir in sugar, mustard, and onion. Bake, covered, in 325° oven for 45 minutes. Uncover; stir and bake 30 to 45 minutes more or till of desired doneness. If necessary, add some of the reserved cooking liquid during baking period. Garnish with sauteed onion rings, if desired. Makes 4 servings.

---

**ITALIAN SOUP**

- 1 pound ground pork
- 1 teaspoon fennel seed, crushed
- 1 teaspoon garlic powder
- ½ teaspoon chili powder
- ¼ teaspoon salt
- ¼ teaspoon coarsely ground pepper
- 4 slices bacon
- 2 cups chopped onion
- 1 teaspoon salt
- ½ teaspoon garlic salt
- 6 cups Chicken or Beef Stock
- 1 teaspoon dried oregano, crushed
- 4 medium potatoes, pared and diced (3 cups)
- 1 10-ounce package frozen chopped spinach

In bowl, combine pork, fennel seed, garlic powder, chili powder, the ¼ teaspoon salt, and the pepper; mix well. Cover and refrigerate several hours or overnight to allow flavors to blend. In Dutch oven, cook bacon till crisp; drain, reserving drippings. Crumble bacon and set aside. Cook the seasoned ground pork, the onion, the remaining salt, and garlic salt in bacon drippings till meat is browned and onion is tender, 8 to 10 minutes. Drain off excess fat. Add Chicken or Beef Stock and oregano. Bring to boiling. Cover; reduce heat and simmer 30 minutes. Add potatoes and spinach. Return to boiling. Cook, covered, 15 to 20 minutes more, or till potatoes are tender. Serve in soup bowl; garnish with crumbled bacon. Makes 8 to 10 servings.

---

**HAM AND CABBAGE ROLLS**

- 1 cup Ham Stock
- ⅓ cup uncooked long-grain rice
- 12 cabbage leaves
- 2 well-beaten eggs
- ¼ cup finely chopped onion
- ¼ cup finely chopped green pepper
- ¼ teaspoon dried thyme, crushed
- ¼ teaspoon dried savory, crushed
- ¼ teaspoon salt

Dash pepper

- 1 pound ground cooked ham (3 cups)
- 1 cup Ham Stock
- 1 cup dairy sour cream
- 2 tablespoons all-purpose flour

In saucepan, bring the first 1 cup Ham Stock and the rice to boiling. Reduce heat; cover and simmer till rice is done, about 20 minutes. Cook cabbage leaves in boiling salted water just till wilted, about 3 minutes. Drain on paper toweling; set aside. Combine eggs, the cooked rice, the onion, green pepper, thyme, savory, salt, and pepper; add ham and mix well. Place a generous ¼ cup meat mixture in center of each cabbage leaf. Fold in sides; roll ends over meat. Place, seam side down, in 10-inch skillet; add remaining Ham Stock. Cover; simmer 25 minutes, or till cabbage rolls are done. Remove rolls to heated platter; keep warm. Combine sour cream and the flour; stir into pan juices. Cook and stir till mixture thickens and bubbles. Serve sauce over cabbage rolls. Sprinkle with snipped chives, if desired. Makes 6 servings.

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begins on page 80

# Low-cal, low-cost

**VEGETABLE-TOPPED HALIBUT STEAKS**

- 1 12-ounce package frozen halibut steaks
- 2 tablespoons lemon juice
- 2 tablespoons dry white wine
- ½ teaspoon salt
- ⅓ cup peeled and chopped tomato (1 small tomato)
- 1 medium carrot, shredded
- 2 tablespoons sliced green onion
- 2 tablespoons snipped parsley

Lemon wedges

Thaw halibut steaks. Place in 10x6x2-inch baking dish; sprinkle with lemon juice, white wine, and salt. Combine tomato, carrot, green onion, and parsley; sprinkle over fish. Cover and bake in 350° oven for 25 to 30 minutes or till fish flakes easily with fork. With slotted spatula lift fish and vegetables to serving platter. Garnish with lemon wedges. Makes 2 servings. 211 calories per serving.

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**BURGERS FLORENTINE**

- 1 10-ounce package frozen chopped spinach
- ½ cup small curd cream-style cottage cheese
- 1 tablespoon snipped parsley

Dash salt

- 1 beaten egg
- ⅓ cup fine dry bread crumbs
- 1 teaspoon salt
- 2 pounds lean ground beef
- ½ of 8-ounce can (½ cup) tomato sauce
- ¼ cup dry red wine
- 2 tablespoons chopped green pepper
- 2 tablespoons chopped onion

Cook spinach according to package directions; drain well. Combine spinach, cottage cheese, parsley, and the dash salt; mix well and set aside. Combine egg, bread crumbs, and the remaining teaspoon salt; add ground beef and mix well. On waxed paper, form meat mixture in 16 thin patties, 3 inches in diameter. Place about 2 tablespoons spinach filling on each of 8 patties; top with remaining patties and seal edges. In 12-inch skillet, brown *half* the filled patties at a time. (If necessary, press patties at edges to re-

**continued**



ife.

rting main-dish with Campbell's.

u simply add your own getables, ground beef, ver. Try these 4 recipes ers, then go creative our other favorite ll's Soups.

AN CABBAGE CHOWDER
kwurst (4 to 6), cut in ces
gonally sliced carrots n caraway seed oons butter or margarine mpbell's Cream of Celery

n milk
n water
bbage cut in long thin

eavy pan, brown knockwurst carrots with caraway seed in til tender. Stir in remaining s. Bring to boil; reduce heat. inutes or until cabbage is ir occasionally. Makes about

WESTERN CHILI SOUP
ound beef
pped onion
cloves garlic, minced
mpbell's Beef Broth
¾ oz. each) Campbell's Soup
n water
5½ oz. each) kidney undrained
oked elbow macaroni
oons chili powder
oons vinegar

avy pan, brown beef and cook garlic until tender (use short- ecessary). Stir to separate remaining ingredients. Sim- nutes; stir occasionally. Makes ups.

TOMATO BURGER SOUP
nd beef
ghtly beaten
all bread cubes
ely chopped onion
on salt
oons shortening
mpbell's Beef Broth
mpbell's Noodles & Beef Soup
¾ oz.) Campbell's Soup
on thyme leaves, crushed
e (10 oz.). frozen mixed bles, cooked and drained

ughly beef, egg, bread cubes, ion, and salt. Shape firmly into alls. In large heavy pan, brown in shortening; pour off fat. p onion and remaining ingredi- k 10 minutes. Stir occasionally. out 6½ cups.

LDEN HARVEST SOUP
hopped onion
m clove garlic, minced
on basil leaves, crushed
poons butter or margarine
ampbell's Golden oom Soup
ans water
bout 16 oz.) stewed oes, cut up
s diced cooked chicken key
ced cooked ham
s uncooked medium egg es

eavy pan, cook onion and garlic in butter until tender. Stir in water; add remaining ingredi- ng to boil; reduce heat. Cook 10 or until noodles are done; stir ally. Makes about 8 cups.



continued

# Low-cal, low-cost

seal while cooking on first side.) Set patties aside. Discard excess fat. In same skillet, combine tomato sauce, wine, green pepper, and onion. Return burgers to skillet; spoon some sauce over. Cover; simmer 15 to 20 minutes. Remove burgers to serving platter; pour sauce over. (If desired, boil sauce down to thicken.) Makes 8 servings. 266 calories per serving.

### HOT TOMATO BOUILLON

**1 14-ounce can (1¾ cups) beef broth**
**1 12-ounce can (1½ cups) tomato juice**
**1 teaspoon worcestershire sauce**
**Few drops bottled hot pepper sauce**
**Thin lemon slices (optional)**

In saucepan, combine beef broth, tomato juice, worcestershire sauce, and hot pepper sauce. Bring to boiling. Serve in mugs; top with lemon slice, if desired. Makes 3½ cups; 4 servings. 29 calories per serving.

### ORANGE-CUCUMBER SALAD

**½ large cucumber, thinly sliced (1 cup)**
**¼ teaspoon salt**
**Dash pepper**
**2 medium oranges, pared and sectioned**
**½ cup chopped green pepper**
**2 tablespoons snipped parsley**
**½ cup plain yogurt**
**¼ teaspoon dried thyme, crushed**

In small mixing bowl, sprinkle cucumber with the salt and pepper; toss with orange, green pepper, and parsley. Combine yogurt and thyme; spoon onto salad mixture. Toss lightly to coat. Cover and chill. Serve on crisp greens, if desired. Makes 4 servings. 62 calories per serving.

### CHERRY TOMATO MEATBALLS

**1 beaten egg**
**¾ cup soft bread crumbs (1 slice bread)**
**½ cup skim milk**
**¼ cup finely chopped onion**
**¾ teaspoon salt**
**½ teaspoon dried oregano, crushed**
**Dash pepper**
**1 pound lean ground beef**
**12 cherry tomatoes**

In mixing bowl, combine egg, bread crumbs, milk, onion, salt, oregano, and pepper. Add ground beef; mix well. Shape about ¼ cup of the meat mixture evenly around each cherry tomato to form round meatballs. Place in 13x9x2-inch baking pan. Bake in 375° oven for 25 to 30 minutes. Makes 4 servings. 268 calories per serving.

### HAM SOUFFLÉ IN GREEN PEPPER CUPS

**4 large green peppers**
**1 cup (5 ounces) cubed ham**
**¾ cup skim milk**
**1 tablespoon butter or margarine**
**3 tablespoons all-purpose flour**
**1 teaspoon prepared mustard**
**3 slightly beaten egg yolks**
**3 egg whites**

Place pepper on side. Remove slice from side of pepper; scoop out seeds and pulp. Repeat with remaining peppers. (Save slices for chopped green pepper in other recipes.) Cook whole peppers, covered, in boiling salted water for 5



# efore I discovered McCormick/Schilling, my family had no taste.

round our house, you could always tell the nights I was making my famous isbury steak. You just couldn't tell my ily. They had a way of coming up with uses why they couldn't come home for ner, whenever they knew I was making ething special.

Like the time my husband called to tell that he had to work late at the office. til then, I never knew an organ grinder n had one.

Not that he didn't love me. He always l that I was the most important person his life. And that's including the monkey. just that when it came to appreciating food I made, my husband had no taste. fact, no one in my family really did.

Oh I tried. Coq au Vin. Steak au Poivre. t no matter how hard I tried, my meals er tasted like much of anything at all.

Which is the kindest thing you could ever about my gravy. As a matter of fact, husband once said I was the only cook knew, whose brown gravy could turn ple green. And as far as the rest of the ily was concerned, when it came time dinner they usually were.

That is, until I discovered McCormick/ illing. You know, McCormick/Schilling the spice and flavor people. So when it nes to making sauces, seasonings, or thing at all, they put a lot of good taste o everything they make.

Take their gravies, for instance. With cCormick/Schilling Brown Gravy, Onion avy or Chicken Gravy Mix, you just en a package and you've got it made. ooth, rich gravy. With just the right nd of spices and herbs, to make a great ting gravy every time.

Which made a great difference in my mous Salisbury steak. And a noticeable ference in my life.

In fact, you could say McCormick/ hilling gave my family good taste. And lieve me, it's all in their mouth.

*My Famous Salisbury Steak.*

1 egg, beaten; 2 tbsp water; 1 tbsp McCormick or Schilling Instant Minced Onion; 1½ tsp McCormick or Schilling Season-All; ⅓-cup uncooked oatmeal or fine, dry bread crumbs; 1½ lbs. ground beef; one ⅞-ounce package McCormick or Schilling Brown Gravy Mix; 1 cup water; 2 tbsp ketchup. Combine first five ingredients. Mix in ground beef with fork, just until blended.

Form into four 1″ thick oval patties. Broil, 5″ from heat, ten minutes on each side (for medium). In saucepan combine Gravy Mix with remaining ingredients. Cook, stirring until mixture comes to a boil. Serve over meat patties. Makes 4 servings.

Note: For flavor variation, use McCormick/Schilling Onion Gravy Mix or Mushroom Gravy Mix in place of Brown Gravy Mix.



**McCormick/Schilling flavor makes all the difference in the world.**




McCormick/Schilling


minutes. Drain and set aside. Meanwhile, in blender container, combine ham and milk; cover and blend till ham is slightly chopped. (Or, combine ground ham and the milk; do not blend.) In 1-quart saucepan, melt butter or margarine; stir in flour and mustard. Add milk-ham mixture all at once. Cook and stir till mixture thickens and bubbles. Remove from heat. Gradually beat mixture into egg yolks. Beat egg whites to stiff peaks (tips stand straight), about 1½ minutes; fold in yolk mixture. Spoon mixture into peppers; place in 10x6x2-inch baking dish. Bake in 375° oven for 25 to 30 minutes or till knife inserted just off-center comes out clean. Makes 4 servings. 208 calories per serving.

begins on page 82

## Low-cal salads

**CHICKEN-PINEAPPLE BOAT**

*Broil chicken; remove skin and bones, and cut meat in cubes—*

- 2½ cups (13 ounces) cubed, cooked chicken
- 1 16-ounce can pineapple chunks, in their own juice, chilled and drained
- 1 cup green pepper strips, chilled
- ½ cup sliced water chestnuts, chilled
- Lettuce leaves
- ¾ cup Zesty Salad Dressing

In salad bowl, arrange chicken, pineapple, green pepper, and water chestnuts atop lettuce leaves; add Zesty Salad Dressing and toss lightly. Makes 4 servings. 201 calories per serving.

**MARINATED TUNA AND VEGETABLES**

*Cut calories even more by using waterpack tuna and green beans instead of the peas—*

- 2 large carrots, cut in 2-inch-long julienne strips
- ½ small head cauliflower, broken into flowerets (1½ cups)
- 1 10-ounce package frozen peas
- ½ cup thinly sliced celery
- ¼ cup sliced green onion
- 1 6½- or 7-ounce can tuna, well drained
- ¾ cup Tomato Salad Dressing

Cook carrots and cauliflower together in small amount of boiling salted water for 10 minutes. Add peas. Cook 5 minutes more or till all vegetables are tender-crisp. Drain. In mixing bowl, combine cooked vegetables, celery, and green onion. Add tuna and Tomato Salad Dressing; toss gently to coat. Cover and chill. Serve on lettuce leaf, if desired. Makes 3 servings. 224 calories per serving.

**SEAWORTHY CHEF SALAD**

- 1 12-ounce package frozen scallops, thawed
- 1 clove garlic, halved
- 3 cups torn lettuce
- 2 cups torn romaine
- 2 cups torn spinach
- 3 hard-cooked eggs, quartered
- 1 cup diced celery
- 4 ounces mozzarella cheese, cut in thin strips
- 12 cherry tomatoes, halved
- ⅓ cup Diet Thousand Island Dressing

Cook scallops over low heat in small amount boiling salted water

continued

# Good for you.




**The Special K Breakfast**

4 oz. orange juice, tomato juice, or ½ med. grapefruit
1¼ cups (1 oz.) Kellogg's® Special K® high-protein cereal
1 teaspoon sugar
4 oz. skim milk
Black coffee or tea (less than 240 calories)

Here's an offer that's really good for you.

Take advantage of this money-saving coupon, then start taking advantage of the Special K Breakfast.

It's a great-tasting breakfast with protein, vitamins and iron for less than 240 calories.

So exercise, eat right at every meal and start your day with the Special K Breakfast.

**The Special K Breakfast. Serious nutrition for weight-conscious adults.**

# Good for 10¢ off.

STORE COUPON

Cut along dotted line.

**Save 10¢ on purchase of Kellogg's® Special K® cereal**

(7, 11, or 15-oz. size packages only).

(Offer limited to one coupon per package purchased.)

GROCER: We will redeem this coupon plus 5¢ for handling when terms of this offer have been complied with by you and the consumer. For payment, mail coupons to: DEPT. K., P.O. BOX 1172, CLINTON, IOWA 52734. Coupon will be honored only if submitted by a retailer of our merchandise or a clearinghouse approved by us and acting for, and at the risk of, such a retailer. Invoices proving purchase of sufficient stock to cover coupons presented must be shown upon request. Any sales tax must be paid by the consumer. Offer good only in the United States and Puerto Rico, and void where prohibited, licensed, taxed, or restricted by law. Coupon subject to confiscation when terms of offer have not been complied with. Cash value: 1/20 of 1¢.

KELLOGG SALES COMPANY




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continued

## Low-cal sala

for 3 minutes; drain and salad bowl with cut sid discard. In bowl, comb romaine, spinach, the h eggs, celery, cheese, ton scallops. Pour the Diet Island Dressing over; t Makes 6 servings. 181 serving.

**GRAPEFRUIT-SEAFOO**

**Shredded lettuce or curly en**
**8 ounces sole fillets, cooke and chilled**
**2 pink grapefruit, pared and**
**½ cup chopped celery**
**½ cup Tomato Salad Dressin**

Place lettuce in salad range fish, grapefruit, a top. Drizzle with To Dressing. Makes 4 servi ories per serving.

**COTTAGE CABBAGE APPLE SLAW**

**2 cups shredded cabbage**
**1 medium unpared apple, c and diced**
**½ cup Diet Blue Cheese Dre**
**1½ cups (12 ounces) cream- cottage cheese**

In salad bowl, combi cabbage and diced appl Blue Cheese Dressing o mixture; toss to coat. Sp cheese in ring around Makes 4 servings. 144 serving.

A dieter's staples c to make. Try these d and jams to do-calo pantry and refrigerat



**SPICY TEA MIX**

**1 cup instant unsweetened**
**1 24-ounce package unswe lemonade soft drink mix**
**¾ teaspoon ground cinnam**
**¼ teaspoon ground cloves**
**⅓ cup granulated sugar rep**

Measure all ingred 1-quart screw-top jar. to thoroughly mix. M cup mix. *For hot tea:* rounded teaspoon mi fill with boiling wate *iced tea:* Measure 2 r spoons mix into tall gl water and ice. Stir. H

erving. Iced tea: 4 cal-
rving.

---

**ED COCOA MIX**
**at dry milk powder**
**tened cocoa powder**
**ated sugar replacement**
**round cinnamon**
**round nutmeg**

rt jar, combine nonfat ocoa powder, sugar re- and spices. Shake well hly combine. Store in ss jar. Makes 2½ cups servings.

*pare one serving* **Hot coa:** Spoon 2 heaping 3 tablespoons) mix into blend in ¾ cup boiling alories per serving. (For lended drink, stir cold dry mix; heat.)

---



**MARMALADE**
**ranges**
**emon**
**grapefruit**

**ce package (1 envelope)**
**ie lemon-flavored gelatin**
**n sugar**

peel from oranges and crape off excess white from orange, lemon, efruit peels. Cut enough ry fine strips to make 1 mall saucepan, combine enough water to cover. boiling; drain. Repeat 3 it off white membrane led oranges and lemon; uit, working over bowl to es. Add enough addition- juice to equal 4 cups lace mixture in 3-quart Cover and simmer 20 Stir in gelatin and sugar ved. Ladle into hot, clean jars. Seal. Store in refrig- freezer. Makes 4 half- calories per tablespoon.

---

**APPLE JAM**
**ed, cored, and pared apples**
**-calorie cranberry cktail**
**ons lemon juice**
**nce package (1 envelope) ie raspberry-flavored gelatin**
**ar**

rge saucepan, combine ranberry juice cocktail, n juice. Bring to boiling; d simmer till apples are t 7 minutes. Mash. Stir in id sugar; return to boiling, onstantly. Boil 1 minute. from heat. Ladle into hot, f-pint jars. Seal with paraf- in refrigerator or freezer. half-pints. 9 calories per n. ■


# $81,000 IN PRIZES AT AMERICA'S BAKE-OFF® CONTEST.




America's Bake-Off® Pillsbury

## Send us your great tasting recipes that make sense. You may win a trip to the Pillsbury BAKE-OFF® Contest in Boston, August 28-31, 1976.

Enter recipes for foods that look and taste great and are also popular, of good value, and convenient. Consider foods that make sense and will be served often for family or casual entertaining occasions. Send in your best recipes, be they old family favorites or newly created. Use common, everyday ingredients you have on hand, such as soups, meat or fish, vegetables, cheese, fruits, nuts or chips, sauces or condiments, jellies, preserves or other spreads.

### GROCERY PRODUCTS DIVISION
### $25,000 GRAND PRIZE

**Flour Category — $5,000 Prize**

| Bread or Roll Group | Main Dish Group | Dessert Group |
|---|---|---|
| $2,000 Prize | $2,000 Prize | $2,000 Prize |

Recipe must use at least 1 cup of:
Pillsbury's Best® Brand Flour
All Purpose
Unbleached
Self Rising
Whole Wheat

**Package Mix Category — $5,000 Prize**

| Bread or Roll Group | Main Dish Group | Dessert Group |
|---|---|---|
| $2,000 Prize | $2,000 Prize | $2,000 Prize |

Recipe must use one or more entire package of any of the following:
Pillsbury Hot Roll Mix
Pillsbury Rich 'n Easy® (any flavor), Fluffy White, Coconut Pecan or Coconut Almond Frosting Mixes
or at least 1 cup of any of the following:
Hungry Jack® Extra Lights®, Buttermilk or Complete Pancake Mix
Hungry Jack® Instant Mashed Potatoes

### REFRIGERATED FOODS DIVISION
### $25,000 GRAND PRIZE

**Refrigerated Foods Category — $5,000 Prize**

| Sandwich or Main Dish Group | Dessert Group |
|---|---|
| $2,000 Prize | $2,000 Prize |

Recipe must use one or more entire can of the following:
8-oz Pillsbury Quick Crescent Dinner Rolls
10-oz Hungry Jack® Big Flaky or Buttermilk Flaky Biscuits

**100 FINALISTS IN ALL—EACH ONE WINS:**
**Expense paid trip to Boston, Massachusetts, August 28-31, 1976, to compete for top prize money at the BAKE-OFF® Contest, plus $100 in expense money and a GE Heavy Duty Stand Mixer, in chrome finish, with stainless steel mixing bowls, large beaters, dough hooks, and automatic timer.**

GE

**The two $25,000 Grand Prize Winners receive a GE Microwave Cooking Center.**

**The remaining eleven prize winners receive a GE SPECIAL SELF-CLEANING RANGE. MODEL JB500G.**

BAKE-OFF® is a registered trademark of The Pillsbury Company.

## Enter by March 31, 1976

**OFFICIAL RULES FOR THE 1976 BAKE-OFF® CONTEST**

1. YOUR RECIPE WILL BE JUDGED ON THE FOLLOWING
   - EXCELLENT TASTE AND APPEARANCE
   - POPULAR APPEAL OF INGREDIENTS AND FLAVORS TO STIMULATE INTEREST IN TRYING THE RECIPE
   - GOOD VALUE/COST FOR THE SERVING OCCASION
   - QUICK AND EASY PREPARATION TIME AND METHOD
2. You are eligible if 10 years or older by March 31, 1976, and a resident of the U.S., unless you are an employee of The Pillsbury Company, the Range Products Marketing Dept. of General Electric Company, their advertising or contest judging agencies, or if you live in the same household as any such employee. Also excluded are professionals, such as chefs, food editors and food home economists, who create recipes for pay, and previous $25,000 BAKE-OFF® Contest Grand Prize winners.
3. Recipe must use the Pillsbury brand product(s) required for the Category in the quantity specified.
4. Print or type your name, address, telephone number and the Category and Group you are entering on the entry blank or plain paper. On a separate sheet, print or type the same information and your recipe.
5. List every ingredient with exact measurements. Give complete directions, pan sizes, baking time and temperature.
6. Mail entries to: BAKE-OFF® Contest, Box 60-38-O, Minneapolis, MN 55460. Entries must be postmarked by March 31, 1976, and received by April 5, 1976. None will be acknowledged or returned. In case of duplicate recipes, the one received earliest will be judged.
7. Favorite family recipes collected and used over time are eligible, as are newly created recipes. However, in the process of selecting the 100 finalists, Pillsbury will disqualify recipes which it knows to have been previously published in national cookbooks or magazines or by food companies, or those which have been winners in national contests, unless they feature changes which, in its judgment, are significant.
8. Enter as often as desired. No contestant may be a finalist with more than one recipe. Where a recipe qualifies for more than one Category or Group, Pillsbury reserves the right to assign it to that which it thinks best.
9. Initial judging will be done by a professional judging agency, home economists and a consumer panel. 100 finalists will be selected to prepare their recipes in Boston, August 30, 1976, for final judging on Taste and Appearance only. Each finalist is required to sign a release giving Pillsbury and its nominees full right to use his or her name and likeness for BAKE-OFF® Contest-related advertising and publicity. Finalists will be notified by June 30, 1976.
10. In Boston, each recipe must be prepared twice by the finalist alone, exactly as submitted, between 9:00 a.m. and 4:00 p.m.
11. Finalists will compete for 13 cash prizes, consisting of 8 $2,000 Group prizes, 3 $5,000 Category prizes, and 2 $25,000 Grand prizes. No finalist will receive more than one cash prize.
12. Rules are binding on all entrants. Judges' decisions are final. All entries become the property of The Pillsbury Company, which reserves the right to edit, adapt, use and publish any or all of them.

## America's BAKE-OFF® Contest, 1976

My recipe is in Category and Group _____ (Example: Package Mix—Main Dish)

Mr / Miss / Mrs NAME _____
Please type or print

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE NO. Area Code (  ) _____

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# To make exciting desserts on a budget, start with Jell-O.
BRAND GELATIN






1. Dissolve gelatin in boiling water. Add cold water. Measure 1 cup; chill until thickened. Spoon fruit and thickened gelatin into parfait glasses.



2. Tilt glasses in refrigerator by catching bases between bars of racks and leaning the tops against wall; chill until set. Meanwhile, chill remaining gelatin until slightly thickened.



3. Spoon whipped topping into glasses.



4. Top with remaining gelatin. Stand glasses upright and chill about 1 hour. Garnish, if desired. Makes 3 cups or 6 servings.

## Start with Jell-O®

**Strawberry-Apple Parfait**

*1 package (3 oz.) Jell-O® Gelatin, Strawberry Flavor*
*1 cup boiling water*
*1 cup cold water*
*½ cup chopped apple*
*1 cup thawed Birds Eye® Cool Whip® Non-Dairy Whipped Topping**

**Or use 1 cup prepared Dream Whip® Whipped Topping.*

Alternate gelatin-fruit combinations:
*Lemon flavor gelatin with drained mandarin orange sections.*



Buying information, page 110

File under Casseroles and One-dish Meals

# TABLE-READY MEAT MAIN DISHES

## Salami Cheese Pie

*Diced potatoes and spicy salami bake inside this top-prize main-dish pie—*

Pastry for one-crust 9-inch pie
1 cup evaporated milk
1 tablespoon all-purpose flour
⅛ teaspoon pepper
½ cup (2 ounces) shredded process American cheese
8 ounces sliced salami, diced (1½ cups)
1 cup diced, pared, cooked potato
¼ cup chopped onion
2 tablespoons chopped pimiento

On lightly floured surface, roll pastry dough to an 11-inch circle. Fit into 9-inch pie plate; trim. Crimp edges; prick shell. Reroll trimmings; cut into diamond shapes. Place cutouts on baking sheet. Bake cutouts and pastry shell in 400° oven, 5 minutes for cutouts, 10 minutes for shell. Reduce oven temperature to 350°. In saucepan, blend milk, flour, and pepper. Cook and stir till bubbly. Remove from heat; stir in cheese till melted. Add salami, potato, onion, and pimiento. Turn into pastry shell; top with cutouts. Bake in 350° oven 35 to 40 minutes. Let stand 5 minutes before serving. Makes 6 servings. *Mrs. George Rule, Orlando, Fla.*



Cut along dotted line



Photographs: Dieter

File under Cookies

# CEREAL COOKIES

## Ribbon Wafers

*A cereal-studded refrigerator dough makes a winning cookie—*

1 cup sugar
¾ cup butter or margarine, melted
2 eggs
1 teaspoon vanilla
2½ cups all-purpose flour
½ teaspoon baking soda
2 cups crisp rice cereal, slightly crushed
2 squares (2 ounces) semisweet chocolate, melted and cooled

In mixer bowl, beat together sugar, melted butter or margarine, eggs, and vanilla at medium speed of electric mixer till light, about 3 minutes. Combine flour and soda; stir into egg mixture. Stir in cereal. Divide dough in half. Add melted chocolate to one half; mix well. Line bottom of 8x4x2-inch loaf pan with waxed paper. Press *half* of the chocolate dough into pan; top with *half* of plain dough, pressing lightly. Repeat with remaining dough. Cover and chill till firm, about 4 hours. Remove from pan; discard waxed paper. Cut loaf crosswise into thirds. Starting at narrow end of each portion, cut crosswise in thin slices. Place on ungreased cookie sheet. Bake in 375° oven for 10 to 12 minutes. Cool on rack. Makes about 5½ dozen cookies. *Wilmuth E. Kelly, Dayton, Ohio*





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## Bran Puff Cookies

*Sour cream adds extra moistness—*

½ cup granulated sugar
½ cup packed brown sugar
½ cup butter or margarine
½ cup dairy sour cream
1 egg
1 teaspoon vanilla
1¾ cups all-purpose flour
½ teaspoon baking soda
½ teaspoon salt
1 cup bran flakes cereal
½ cup raisins

In large mixer bowl, cream together sugars and butter or margarine till light and fluffy. Beat in sour cream, egg, and vanilla. Stir together flour, soda, and salt. Stir into creamed mixture. Fold in cereal and raisins. Drop by rounded teaspoonfuls onto greased cookie sheet. Bake in 375° oven for 10 to 12 minutes. Cool on rack. Makes 4 dozen cookies.

*Mrs. Karen Mankin, Plainview, N.Y.*



## Apricot Oatmeal Bars

*Next time try cherry or prune filling—*

1 9-ounce package piecrust mix
1 cup quick-cooking rolled oats
¾ cup packed brown sugar
2 tablespoons cold water
1 12-ounce can apricot cake and pastry filling
1 tablespoon lemon juice

In mixing bowl, combine piecrust mix, *¾ cup* of the oats, and the sugar; blend in water till mixture resembles coarse crumbs. Set aside 1 cup crumb mixture; press remaining into bottom of lightly greased 12x7x2-inch baking dish. Combine pastry filling and lemon juice; spread evenly atop cookie base in baking dish. Stir remaining ¼ cup oats into the reserved crumbs; sprinkle atop filling. Bake in 375° oven for 30 to 35 minutes or till golden. Cool; cut in bars. Makes 2 dozen bars.

*Joan Patzack, Yukon, Okla.*



## Frankfurter-Vegetable Bake

½ cup chopped onion
½ cup chopped green pepper
½ cup chopped carrot
½ cup chopped celery
2 tablespoons cooking oil
1 can condensed bean with bacon soup
1 soup can (1⅓ cups) milk
2 teaspoons prepared mustard
1 pound frankfurters, sliced
1 recipe Cornmeal Dumplings

Cook vegetables in hot oil, covered, 10 minutes. Blend in soup, milk, and mustard. Stir in franks. Bring to boil. Turn into 2-quart casserole. Spoon Cornmeal Dumplings atop hot mixture. Bake, uncovered, in 425° oven 20 to 25 minutes. Makes 6 servings.

*To make Cornmeal Dumplings:* Stir together *½ cup cornmeal, ½ cup all-purpose flour, 1 tablespoon sugar, 1½ teaspoons baking powder,* and *½ teaspoon salt.* Mix *⅓ cup milk, 1 beaten egg,* and *2 tablespoons cooking oil.* Add to dry ingredients; beat smooth.

*Mrs. Jim Chambers, Hood River, Ore.*



## Baked Ham and Cabbage Rolls

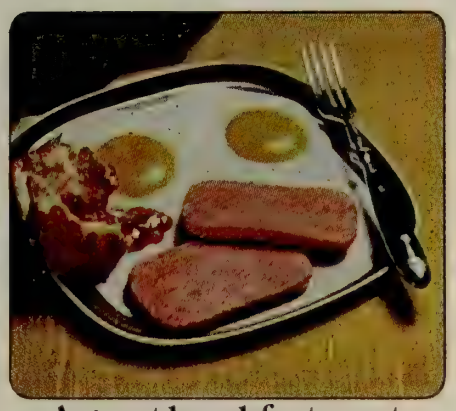
4 cups chopped cabbage, cooked and drained
8 rectangular slices (8 ounces) boiled ham
2 tablespoons chopped onion
2 tablespoons butter or margarine
3 tablespoons all-purpose flour
1½ cups milk
2 teaspoons horseradish mustard
½ cup shredded process Swiss cheese
2 tablespoons snipped parsley
¾ cup soft bread crumbs
1 tablespoon butter or margarine, melted

Place about ½ cup cooked cabbage on each ham slice; roll up from short side. Place, seam side down, in 10x6x2-inch baking dish. In saucepan, cook onion in the 2 tablespoons butter or margarine till tender; blend in flour and a *dash pepper.* Add milk and mustard; cook and stir till bubbly. Stir in cheese. Add parsley. Pour over rolls. Top with mixture of crumbs and melted butter. Bake, uncovered, in 375° oven for 25 to 30 minutes. Makes 4 servings.

*Mrs. Leslie Hickman, Inglewood, Calif.*

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# Star Spangled Cherry Cheese Pie.

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The no-cook secret is Borden Eagle® Brand—the creamy ingredient that saves you time in the kitchen. Eagle Brand Sweetened Condensed Milk is pre-cooked—the milk and sugar are already added—so all the work is done for you. And when you add ReaLemon® Reconstituted Lemon Juice, the smooth, rich filling thickens without cooking. Just follow this easy recipe:

**Star Spangled Cherry Cheese Pie**
(Makes one 9-inch pie)

**1 9-inch graham cracker crumb crust**
**1 pkg (8 oz.) cream cheese, softened**
**1 can (14 oz.) Eagle® Brand Sweetened Condensed Milk**
**½ cup ReaLemon® Reconstituted Lemon Juice**




**1 teaspoon vanilla extract**
**1 can (21 oz.) Comstock® Cherry Pie Filling, chilled**

In medium bowl, beat cream cheese until light and fluffy. Add sweetened condensed milk; blend thoroughly. Stir in lemon juice and vanilla. Pour into crust. Chill 2 to 3 hours. Top with chilled cherry pie filling before serving.

Cooking that starts with Eagle® Brand
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# FUN FOODS FROM THE FIREPLACE

You just can't beat the camaraderie that develops a a crackling fire on a cold winter's night. It's the p setting for good talk and good food. Just gather u ingredients (friends, food, and drink) and let the fire cooking, warming, and mellowing.

Photographs: Dieter

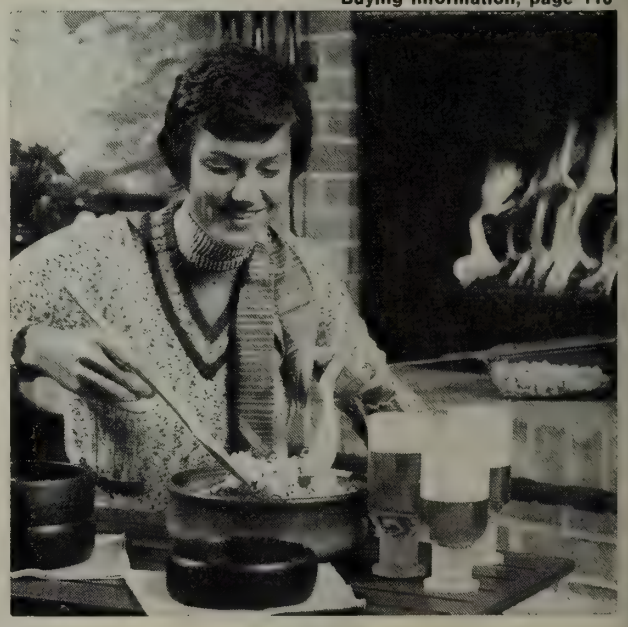


**RACLETTE**
*The softer cheeses melt better from the warmth of the fire—*

**Monterey jack, gouda, muenster, edam, and mozzarella cheeses**
**Hot boiled potatoes, *or* hot cooked Brussels sprouts**
**Cherry tomatoes**
**Melba toast**
**Apple slices**

Place a selection of chunks on metal platters proof dishes. Place close t fire to melt cheese. Arran tatoes or Brussels sprouts toes, toast, and apple slic platter. As outer surfa cheese melts, scrape off a of melted cheese and spr vegetables, toast, or apple.

Buying information, page 110



**FIREPLACE POPCORN**
*If some of the popped corn starts to burn, remove it, then pop remaining kernels—*

**¼ cup butter or margarine**
**½ teaspoon curry powder**
**¼ teaspoon onion salt**
**⅛ teaspoon garlic salt**
**Dash cayenne**
**½ cup popcorn**

In large heat-proof bowl, combine butter o garine, curry, salts, and c place near fireplace to m ter. Place popcorn kernel long-handled popcorn Hold near hot coals an fire, shaking occasionally. kernels pop. Stir butter n add popped corn and toss. about 5 cups popcorn. ■

# Warm up a cold little "bunny" with hot Nestlé® Quik®.




Bring 'em out of the cold with a cup of hot Nestlé® Quik® Chocolate Flavor. Hot Quik is rich and chocolaty. And it's sure to take care of someone who needs warming up!

Duncan Hines

Devil's Food

DELUXE II

CAKE MIX

Dear Joan,
Here's "my" pound cake recipe you asked for.
Thanks for all the compliments!
Marge

**DUNCAN HINES**
**DEVIL'S FOOD POUND CAKE**
(Makes 12 to 16 servings)

1 pkg. Duncan Hines Deluxe II Devil's Food Cake Mix
1 package chocolate instant pudding mix (4 serving size)
½ cup Crisco Oil* 1 cup water 4 eggs

Preheat oven to 350°. Blend all ingredients in a large bowl; beat at medium speed for 2 minutes. Bake in a greased and floured 10-inch tube pan at 350° for 50-60 minutes, until center springs back when touched lightly. Cool right side up for about 25 minutes, then remove from pan.

CHOCOLATE GLAZE. In a small saucepan combine 2 tbsp. cocoa, 1 tbsp. + 2 tsp. water, 1 tbsp. oil and 1 tbsp. corn syrup. Cook and stir over low heat until mixture is smooth. Remove from heat; immediately beat in 1 cup confectioners sugar. Drizzle over cake.

***Be sure to use Crisco Oil as some other oils may cause the cake to fail.**

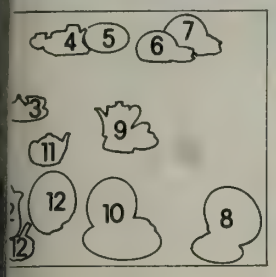



## Marge knows it's Duncan Hines layer cake mix that makes her pound cakes so moist and delicious. Cut out our recipe for "your" pound cake!

Try other pound cake recipes on Duncan Hines Strawberry and Orange layer cake mix packages.

your table with
WERS






keyed pictures above patterns shown on nd 77. 1. Town Gar- ot; Gorham. 2. Magic arming stand, casse- plate; Lenox. 3. Alice am and sugar on plate; . Dubarry pitcher, nd coffeepot; Doulton. wne platter, custard graff. 6. Bee Blossom and saucer; Block. 7. late, sugar bowl; Min- rning Blossom plates, ucer; Lenox. 9. Inter- pot, cup and saucers, nox. 10. Greenhouse d serving pieces, e Sweet Pea cup and ranciscan. 11. Indian ot; Spode. 12. Petals . coffee server, bowl, Noritake. 13. Hello ate, cup and saucer; 14. April Tulip bowls, ucer; Corning.

ou're using floral china, hints in mind:

floral china patterns formal and informal h a change in accesso- cloths, and mats.

er using floral table- simple banded or plain have on hand. Com- own with floral-pat- ps and saucers, and es for variety.

four complete place f floral ware and alter- on the table with your rned tableware.

enterpieces, try small nts, groups of candles, osy bouquets.

're making your own nners, take a cup along 're choosing fabric, to atterns go together.

ware looks stunning on ble. To protect it from . cut circles of felt just h to fit below plates. ■


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# New Improved Betty Crocker® Snackin' Cake.

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Snackin' Cake is as rich and moist as ever.
But now, it has even more nuts, raisins, and chocolate chips.
So it's better than ever.

## Less to do.

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So it's easier than ever.




Better and Easier.


SMART SHOPPER

# What's what with whipped toppings

It's hard to imagine how people managed before dessert topping convenience products were invented. Today most of us consider these non-dairy items "household staples." There are four kinds of non-dairy products, each with a unique use or convenience feature. The following pointers can help you decide which type best suits your needs.

*Dry dessert topping mixes* (such as Dream Whip and Lucky Whip) are one of the most inexpensive types and also one of the handiest because you can store them on your pantry shelf. To use, combine the dry mix with a cold liquid, usually milk, and whip with a rotary beater or electric mixer till the topping holds peaks. For best results in warm weather, pre-chill both mixer bowl, and beaters. If you want to keep some of the whipped topping on hand, you can prepare it ahead and then refrigerate it up to four or five days.

*Liquid dessert topping mixes* (such as Rich's) are found in the freezer section of your supermarket. Once thawed, the unwhipped liquid can be kept in the refrigerator for several weeks. You prepare the topping simply by whipping the liquid in a chilled bowl using electric mixer or rotary beater. The whipped topping can be refrigerated for several days.

*Pressurized dessert toppings* (such as Reddi Whip, Rich's Whip, and Lucky Whip) are prewhipped and packed in aerosol cans which often are designed with a decorative nozzle. They are stocked in the refrigerator case of your store. As you might expect, this is a more expensive type and is best used just for topping desserts or salads and not as a recipe ingredient.

*Frozen whipped toppings* (such as Cool Whip and Reddi Whip) are the newest of the dessert toppings and the fastest growing in popularity. They cost more than mixes, but they're extra convenient. You just thaw the frozen already-whipped topping, and it's ready to use. Once thawed, the topping keeps in the refrigerator about two weeks and can also be refrozen. At least one manufacturer markets the topping in a container with a plastic decorative nozzle.

Photographs: Dieter



**BEST-EVER STRAWBERRY SPONGE CAKES**

*For easy removal of sponge cakes, be sure that the pans are well-greased—*

- **1 package 2-layer-size yellow cake mix**
- **1 2-ounce package dessert topping mix**
- **4 eggs**
- **1 cup water**
- **1 cup fresh or frozen unsweetened strawberries**
- **¾ cup sugar**
- **2 tablespoons cornstarch**
- **3 cups fresh or frozen unsweetened strawberries, halved**
- **1 cup water**
- **1 2-ounce package dessert topping mix**

In large mixer bowl, com cake mix, the first package of ping mix, the eggs, and water; blend till moistened. at medium speed of electric er for 4 minutes. Pour 2 cu the batter into six well-gre and floured 1-cup fluted pans. Bake in 350° oven fo to 20 minutes or till cake done. (Bake remaining batt greased and floured 9x9x2 baking pan in 350° oven fo minutes or till cake tests Cool and store for future Cool in pans 5 minutes, loosen from sides and center with knife; gently remove c Finish cooling on rack.

Meanwhile, crush the 1 strawberries in saucepan; ad 1 cup water. Cook 2 min sieve. Combine sugar and starch; stir into berry juice. and stir till mixture is thick and bubbly. Add a few dro red food coloring, if desired

**continued**

halved strawberries; chill.
To serve, prepare the second
kage of dessert topping mix
ording to package directions;
in enough additional milk to
ke spoonable. Place cakes on
lividual dessert plates. Fill cen-
s with berry mixture; drizzle
ce over. Garnish with whipped
ping. Makes 6 servings.



**RANBERRY-ORANGE SALAD**
*ny marshmallows dot the fluffy*
*p layer—*
**11-ounce can mandarin orange sections**
**3-ounce package orange-flavored gelatin**
**cup boiling water**
**8-ounce can (1 cup) jellied cranberry sauce**
**1 tablespoon lemon juice**
**⅓ cup chopped pecans**

• • •

**2 tablespoons cornstarch**
**2 tablespoons lemon juice**
**1 pint frozen whipped dessert topping, thawed**
**1 cup tiny marshmallows**

Drain oranges, reserving juice; set juice aside. Coarsely chop oranges. Dissolve gelatin in boiling water. Add cranberry sauce; beat with rotary beater till smooth. Stir in the 1 tablespoon lemon juice; chill till partially set. Fold in oranges and pecans. Turn into 8x8x2-inch dish. Chill till almost firm.

Meanwhile, in small saucepan, blend reserved mandarin orange juice into cornstarch. Cook and stir till mixture is very thick and bubbly. Remove from heat; stir in the 2 tablespoons lemon juice. Cool to room temperature. Stir in the whipped topping and the tiny marshmallows. Spread mixture evenly over cranberry layer. Chill till firm. Cut in squares to serve. Makes 8 servings.

**CARAMEL MOUSSE**
*Pipe additional whipped topping through a pastry tube to garnish the center and rim of mold—*
**1 envelope unflavored gelatin**
**1 11-ounce jar chocolate-caramel topping**
**¾ cup milk**
**1 teaspoon vanilla**

• • •

**1 cup frozen liquid dessert topping, thawed**
**½ teaspoon instant coffee crystals**

In small saucepan, soften unflavored gelatin in ¼ cup cold water. Stir over low heat till gelatin is dissolved. Remove from heat; blend in chocolate-caramel topping, milk, and vanilla. Chill gelatin mixture till partially set. Combine liquid dessert topping and coffee crystals; whip just till soft peaks form. Fold in partially set gelatin. Turn into 4-cup mold or eight ½-cup molds. Chill till firm. Makes 8 servings.



**ANGEL APPLESAUCE FLUFF**
*A quick, light dessert that's perfect for busy days—*
**1 cup chunk-style applesauce with raspberries**
**¼ cup slivered almonds, toasted**
**1 cup frozen whipped dessert topping, thawed**

• • •

**1 angel cake**

Stir chunk-style applesauce with raspberries and toasted slivered almonds into thawed whipped dessert topping till thoroughly blended. Chill well. Slice angel cake into serving-sized pieces. To serve, spoon applesauce mixture on each cake slice. Makes 2 cups.









**THE BUTTER MUSHROOM MAKES A BETTER STEAK DIANE.**



BinB® Mushrooms can turn an inexpensive round steak into a delicious gourmet meal. One of the secrets of BinB's Steak Diane is the special flavor of the mushrooms. They're broiled in fresh, creamery butter, then packed in their own butter broth—a rich, buttery broth that makes the savory sauce for the Steak Diane.

**STEAK DIANE**

- 1 lb. top round steak cut ½" to ¾" thick
- Instant meat tenderizer
- 1 tablespoon each butter and vegetable oil
- 1 can (3 oz.) BinB Sliced Mushrooms, drained (save butter broth)
- 4 tablespoons butter
- 2 green onions, chopped
- 1 teaspoon dry mustard
- 3 tablespoons lemon juice
- ¼ teaspoon Worcestershire sauce
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- ½ teaspoon cornstarch
- ⅛ teaspoon Kitchen Bouquet

Trim fat from steak and cut into 4 serving portions. Tenderize meat per package instructions. Salt and pepper meat, then quickly sear pieces in hot skillet with oil and butter until cooked rare. Transfer to hot serving platter and keep warm.

**THE SAUCE.** Add remaining 4 tablespoons butter to pan drippings. Saute green onions, (save a few for garnish). Combine broth, mustard, lemon juice, Worcestershire sauce, salt, pepper, cornstarch and Kitchen Bouquet. Mix until smooth, then add to sauteed onions. Cook and stir until sauce thickens slightly. Add mushrooms and spoon over hot steak. Serves four.




**THE BUTTER MUSHROOM**




# Win money for your recipes

## Hot Sandwiches—Nutritious Snacks

**Do you take the chill off autumn appetites** with a hot hearty sandwich that's the specialty of the house? Or have concocted a between-meal snack that's as wholesome as tasty? Send your recipes today for either or both categories you could be a prizewinner next September. Two Cooks-of Month receive $50 each. Four Runners-up receive $25 each. 12 Honor Roll winners get $10 each. The selected winning re will be pictured on the Prize Tested Recipes pages next Sep ber. All 18 winners receive a framed Better Homes and Gar Certificate of Endorsement and six copies of the endorsed re

## Hints to Help You

**Hot sandwiches** might be made by tucking a piping hot filling into your favorite bread. Or you might bake, broil, or grill whole sandwiches. Do you stuff and stack English muffins, spread and roll tortillas, or layer open-facers? Maybe you make the bread as well as the filling. Hints:

*tuna-relish turnovers*
*spicy pork pockets*
*Italian patty melts*
*egg-stuffed French rolls*
*chili beef stack-ups*

**Nutritious snacks** includ and cold nibbles plus bever Do you make a fun food wholesome by using fres dried fruits, vegetables, v grains, nonfat dry milk, or nut butter? Maybe you add products or juices to drinks. Tips:

*cran-date bites*
*orange-nog shake*
*banana butter-raisin spread*
*cheddar-stuffed cucumbers*
*soft bran pretzels*

## THIS MONTH'S WINNERS

*(See recipes on pages 93 and 94.)*

### Cooks-of-the-month

Wilmuth E. Kelly, Dayton, Ohio
Mrs. George Rule, Orlando, Fla.

### Runners-up

Mrs. Jim Chambers, Hood River, Ore.
Mrs. Leslie Hickman, Inglewood, Calif.
Mrs. Karen Mankin, Plainview, N.Y.
Joan Patzack, Yukon, Okla.

### Honor Roll

Susan Applebaum, Nashville, Tenn.
Mrs. Frank Burglechner, Ravenswood, W. Va.
Mrs. Lee E. Hardy, Stratton, Nebr.
Edna B. Hedman, Stoneham, Mass.
Mrs. A. T. Knight, Sulphur Springs, Tex.
Mrs. Wolfgang Rechlin, Glastonbury, Conn.
Elizabeth W. Stokes, Westport, Conn.
Mrs. Laurent K. Varnum, Grand Rapids, Mich.
Kathy Wade, Arlington, Mass.
Suzanne Walden, San Jose, Calif.
Karen Wardlaw, Berkeley, Calif.
Susan Wirch, Kenosha, Wis.

## CONTEST RULES

1. **Write or type your recipe clearly on one side of the paper and it "September Hot Sandwiches" or "September Nutritious Sna If you wish, send a recipe for each of the two categories.**
2. **Print your full name and address in upper right corner of pap**
3. **Give measurements in *level* cups, tablespoons, teaspoons.**
4. **Specify brand names of the *nationally* known food products yc as ingredients so we can test your recipe with the same brand**
5. **Include 50 to 100 words about the origin of the recipe you sub**
6. **Recipes submitted become property of Meredith Corporation**
7. **Entries must be postmarked by midnight, February 29. In where duplicate recipes are submitted, the one with the earlies mark will be judged. All judges' decisions will be final.**
8. **We reserve the right to adjust and edit winning recipes.**
9. **Address the recipes you enter to 7602 Test Kitchen, Better H and Gardens, Des Moines, Iowa 50336.**

# How to eat well between paydays.

Taste how delicious an economical meal can be.
KRAFT Macaroni and Cheese Deluxe Dinner has a golden cheddary sauce. Serve with breaded fish sticks, tartar sauce and a crunchy radish rose. Eat hearty!




## Kraft Dinners make ends meet.

KRAFT Division of Kraftco Corporation

By Sally P. Torpey

# SEASONING SAVVY

*Crush fennel seed to release its sweet, anise-like flavor.*



*Rinse the brine from the gre peppercorns before using.*



**When daily cooking occasionally becomes a bore, chances are your meals reflect it. A different herb or spice can revive your menu and your spirits. For starters, try these tastefully seasoned entrées.**





**FENNEL-STUFFED PORK CHOPS**

*Use an oven-going skillet or transfer browned chops to a baking pan—*

- **6 pork chops, cut 1 inch thick**
- **2 cups small dry bread cubes (3 slices bread)**
- **1 cup finely chopped apple**
- **¼ cup finely chopped onion**
- **2 tablespoons butter or margarine, melted**
- **½ teaspoon fennel seed, crushed**
- **¼ teaspoon salt**
- **2 tablespoons water**
- **2 tablespoons cooking oil**

Cut pocket in each chop for stuffing. Sprinkle chops with a little salt and pepper. Combine bread cubes, apple, onion, butter or margarine, fennel seed, and salt. Sprinkle with the 2 tablespoons water; toss lightly. Stuff mixture into pockets of pork chops. In large oven-going skillet, brown chops slowly on both sides in hot oil, about 10 to 15 minutes. Drain off excess fat. Bake, uncovered, in a 350° oven for 45 minutes or till meat is tender. Makes 6 servings.

**CHICKEN BREASTS WITH GREEN PEPPERCORNS**

- **2 chicken breasts, split, skinned, and boned**
- **2 tablespoons all-purpose flour**
- **½ teaspoon salt**
- **1 small onion, cut in wedges**
- **2 tablespoons butter or margarine**
- **⅓ cup dry white wine**
- **½ cup light cream**
- **1 teaspoon green peppercorns, rinsed and drained**

Place chicken between 2 sheets of waxed paper; pound to ¼-inch thickness. Coat with m of flour and salt. In skillet chicken and onion in but margarine over medium h chicken is cooked through, 4 to 5 minutes on each sid move chicken; keep warm wine, cream, and peppe into mixture in skillet. Coo stir, crushing peppercorns s with back of spoon. Bring t ing; continue boiling till sa reduced to desired consis 3 to 4 minutes. Spoon ov chicken. Makes 4 servings.

**GINGERED FISH ROLLS**

- **4 fresh or frozen fish fillets (1½ pounds)**
- **3 tablespoons butter or margarine, softened**
- **2 tablespoons snipped parsley**
- **2 teaspoons finely shredded fresh gingerroot**
- **2 teaspoons lemon juice**

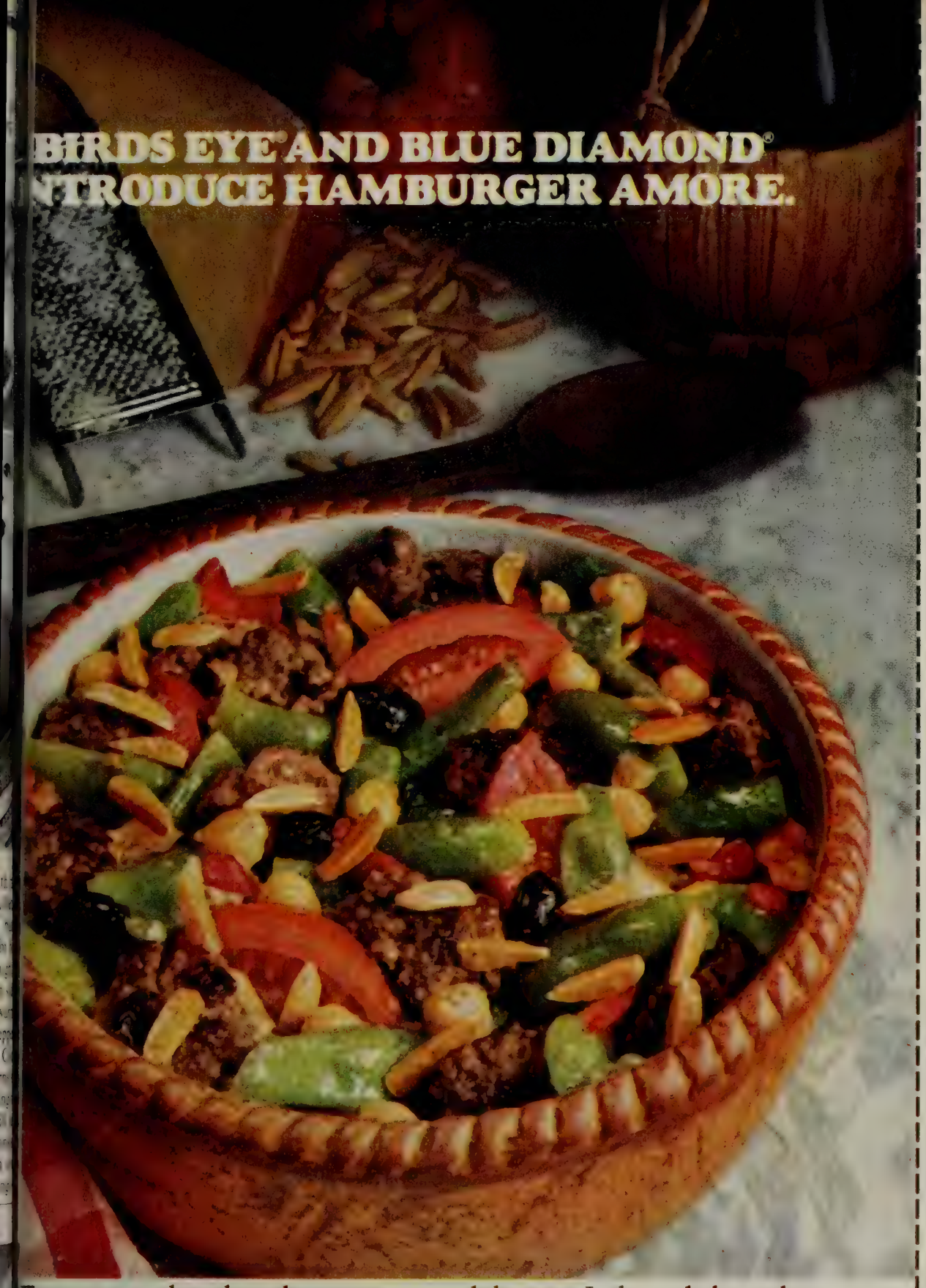
Thaw fish, if frozen. Skin fillets; sprinkle with a little salt. Combine butter or margarine, parsley, gingerroot, and lemon juice. Using about three-fourths of the mixture, spread over one side of each fillet. Roll up; secure with wooden pick. Place, seam side down, in 10x6x2-inch baking dish. Spread remaining butter mixture over tops. Bake, uncovered, in 350° oven for 25 to 30 minutes or till fish flakes easily with fork. Makes 4 servings.



*Freshly shredded gerroot is subtle thar pungent di ginger and best in foo that requir slow cook or marinat*

Photographs: Dieter

Buying Information, page 110




Turn your plain hamburger into a delicious Italian dish with
ds Eye Italian Style Vegetables and Blue Diamond Almonds.

**IAMBURGER AMORE** *1/2 cup BLUE DIAMOND® blanched slivered onds • 1 tablespoon butter or margarine • 3/4 pound ground beef • 1 teaspoon salt • ckage BIRDS EYE® Italian Style Vegetables with a Seasoned Sauce • 1 medium ato, cut in wedges • 2 tablespoons grated Parmesan cheese (optional)*

rown almonds lightly in butter in skillet. Remove almonds; set aside. Brown beef in butter remaining in skillet, leaving meat in chunks. Sprinkle with salt. Add vegles. Bring to a full boil over medium heat, separating vegetables with fork; stir until e cubes are blended. Reserve blespoons almonds. Add rening almonds and tomato lges to meat mixture; reduce , cover, simmer 3 minutes. nkle with reserved almonds cheese. Makes 4 servings.

EE COLUMN FOR
RE RECIPES




**WE CAN MAKE BEAUTIFUL DINNERS TOGETHER**

## MORE RECIPES WITH BIRDS EYE AND BLUE DIAMOND




### IMPERIAL HAMBURGER

*1/2 cup BLUE DIAMOND® blanched slivered almonds • 1 tablespoon butter or margarine • 3/4 pound ground beef • 1 cup water • 1/4 teaspoon salt • 1 cup fine noodles • 1 package (10 oz.) BIRDS EYE® Japanese Style Vegetables with a Seasoned Sauce • 1 tablespoon soy sauce*

Brown almonds lightly in butter in skillet. Remove almonds; set aside. Brown ground beef well in butter remaining in skillet, leaving meat in chunks. Stir in water and salt; bring to a boil. Stir in noodles; cover and simmer for 2 minutes. Add vegetables. Bring to a full boil over medium heat, separating vegetables with fork. Stir until sauce cubes are blended. Reserve 2 tablespoons of the almonds. Add remaining almonds to meat mixture. Reduce heat, cover and simmer for 3 minutes. Stir in soy sauce. Sprinkle with reserved almonds. Makes 4 servings.

### DANISH BEEF IN LEMON SAUCE

*1/2 cup BLUE DIAMOND® blanched slivered almonds • 1 tablespoon butter or margarine • 3/4 pound ground beef • 1 teaspoon salt • Dash of pepper • 1/4 cup water • 1 teaspoon grated lemon rind • 1 teaspoon lemon juice • 1 package (10 oz.) BIRDS EYE® Danish Style Vegetables with a Seasoned Sauce*

Brown almonds lightly in butter in skillet. Remove almonds; set aside. Brown beef well in butter remaining in skillet, leaving meat in chunks. Sprinkle with salt and pepper. Add water, lemon rind and lemon juice. Add vegetables. Bring to a full boil over medium heat, separating vegetables with fork; stir until sauce cubes are blended. Reserve 2 tablespoons almonds. Add remaining almonds to meat mixture; reduce heat, cover and simmer 3 minutes. Sprinkle with reserved almonds. Makes 4 servings.

### HAWAIIAN GROUND BEEF

*1/2 cup BLUE DIAMOND® blanched slivered almonds • 1 tablespoon butter or margarine • 3/4 pound ground beef • 1 teaspoon salt • Dash of pepper • 1/4 cup water • 1 tablespoon pickle relish • 1 package (10 oz.) BIRDS EYE® Hawaiian Style Vegetables with Pineapple with a Seasoned Sauce*

Brown almonds lightly in butter in skillet. Remove almonds; set aside. Brown beef well in butter remaining in skillet, leaving meat in chunks. Sprinkle with salt and pepper. Add water and pickle relish. Add vegetables. Bring to a full boil over medium heat, separating vegetables with fork; stir until sauce cubes are blended. Reserve 2 tablespoons almonds. Add remaining almonds to beef mixture; reduce heat, cover and simmer 3 minutes. Sprinkle with reserved almonds. Makes 4 servings.

# CHANGE —OF— SCENE DINING SPOTS

Everyone likes a break in the routine, especially when it comes to dining. One solution is to go out to a restaurant, but a thriftier alternative is to stay right at home and seek out a spot you normally don't use for dining purposes. Try it. You'll enjoy the change, and so will your family.



Dining doesn't have to be done "in the round." One side of a drop-leaf table often suffices to seat up to four people comfortably for a snack, lunch, or dinner. If your drop-leaf table is normally used as a desk or as a showcase for accessories, you can lift up one leaf without disturbing the arrangement. Here simple upholstered benches are used in lieu of bulky dining chairs.

Photographs: Michael Haynes. Design: Floyd Davenport, A.S.I.D.



With a bit of imagination and a small 20-inch-round table like this one, you could pretend you were on a dining car somewhere between Boston and Boise. Perhaps you have a similar table that's now being used to display accessories or hold a lamp. One of these days, why not pull up two chairs, create a tasteful setting, and invite a friend for lunch, or afternoon tea?

Design: Helen Fry, Chandler's Landing



Do you have a ledge or counter top that's handy to the kitchen? This white plastic laminate counter divides a family/game room from the kitchen and is normally used as a serving ledge for informal buffets, or as a serve-yourself bar. Although the ledge is too low for adults to be comfortably seated, it's just the right height for children and their stay-over-for-dinner friends. ■

Design: Sandra Sampson. Source: Barbara Gorder Sims




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rning: The Surgeon General Has Determined t Cigarette Smoking Is Dangerous to Your Health.




*(For part 1 of this guessing game, see page 22.)*

Mrs. Altamirano, is on the left, her daughter is on the right, but their hands gave you no clue, even though her daughter's are years younger. Does Mrs. Altamirano get compliments on her young looking hands? "Well I do," she admits.

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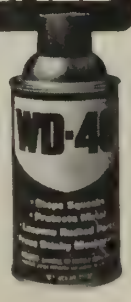



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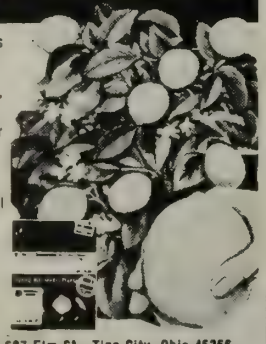

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# Buying guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

**DINNER FOR A FOURSOME**
**Page 23** (top): Wood salt and pepper—Denby, 4688 Paddock Road, Cincinnati, O. 45229. Copper pan—Revere Copper and Brass, Inc., P.O. Box 250, Clinton, Ill. 61727. Trivet—Sears, Roebuck and Co., Sears Tower, Chicago, Ill. 60684. (Left): Plate—Metlox Potteries, 1200 Morningside Dr., Manhatten Beach, Calif. 90266. (Right): Large icer—Wallace Silversmiths, Wallingford, Conn. 06492.
**WHAT MAKES A GOOD HOUSE GREAT**
**Page 44:** Redwood lap siding—California Redwood Assoc., 617 Montgomery St., San Francisco, Calif. 94111. Exterior sealer and deck paint—Olympic Stain, 1118 N.W. Leary Way, Seattle, Wash. 98107. Deck furniture—Meadowcraft Casual Furniture, 777 3rd Ave., N.Y., N.Y. 10017.
**Page 46:** Mirrored pedestals—Clearvue Glass & Mirror Co., 445 Marietta, N.W., Atlanta, Ga. 30313. Floors—Mid-State Tile Co., Lexington, N.C. 27292. Coffee table—Roswell Road Cabinet Shop, 2953 CN Druid Hills Rd., N.E., Atlanta, Ga. 30329. Armless chairs—Arthur Swenson, Inc., 5420 Oakdale Rd., Smyrna, Ga. 30080. Carpet—Armstrong Cork Co., Lancaster Co., Lancaster, Pa. 17604.
**Page 47:** Flooring—Harris Manufacturing Co., 400 East Walnut, Johnson City, Tenn. 37601. Shutters—Pinecrest, Inc., 2118 Blaisdell Ave., Minneapolis, Minn. 55404. Chairs—Storehouse, Inc., 3106 Early St., N.W., Atlanta, Ga. 30305. Track lighting—Lightolier, Inc., 346 Claremont Ave., Jersey City, N.J. 07305. Deck furniture—Meadowcraft Casual Furniture, 777 3rd Ave., N.Y., N.Y. 10017.
**Page 48:** Shutters—Pinecrest, Inc., 2118 Blaisdell Ave., Minneapolis, Minn. 55404. Love seats—Maxwell Royal Chair Co., Hickory, N.C. 28601. Flooring—Harris Mfg. Co., 400 East Walnut, Johnson City, Tenn. 37601. Rug—Customills, 351 Peachtree Hills Ave., N.E., Atlanta, Ga. 30305. Coffee table top—Clearvue Glass & Mirror Co., 445 Marietta, N.W., Atlanta, Ga. 30313. Cabinets—Boise Cascade, Kitchen Cabinet Div., Berryville, Va. 22611. Cook top—Corning Major Appliances, Corning, N.Y. 14830. Wall and cushion fabric—Spectrum Fabric Corp., 261 5th Ave., N.Y., N.Y. 10016. Table, chairs, and light fixture—Storehouse, Inc., 3106 Early St., N.W., Atlanta, Ga. 30305.
**Page 49:** Track lighting—Lightolier, Inc., 346 Claremont Ave., Jersey City, N.J. 07305. Carpet—Armstrong Cork Co., Lancaster, Pa. 17604. Bedroom furniture—Storehouse, Inc., 3106 Early St., N.W., Atlanta, Ga. 30305. Carpet—Armstrong Cork Co., Lancaster, Pa. 17604.
**HOW TO ORGANIZE A BASEMENT**
**Page 50:** Washer and dryer—Maytag Co., Newton, Ia. 50208.
**BETTER BEDROOMS**
**Page 62:** Wall covering and matching fabric—Woodson Wallpapers, 979 Third Ave., N.Y., N.Y. 10022.
**Page 63** (top): Night table—Ello Furniture Mfg. Co., 1034 Elm St., Rockford, Ill. 61101. Lamp—Raymor/Richards, Morgenthau, Inc., 734 Grand Ave., Ridgefield, N.J. 07657. (Bottom): Wall covering and fabric—C.W. Stockwell Inc., 320 N. Madison Ave., Los Angeles, Calif. 90004. Carpet "Fable"—Armstrong Cork Company, Lancaster, Pa. 17604.
**Page 64:** Stacking drawers—Beylerian Limited, 305 E. 63rd St., N.Y., N.Y. 10021. Bed sheet—Fieldcrest Mills Inc., 60 W. 40th St., N.Y., N.Y. 10018. Flooring—Congoleum Industries, 195 Belgrove Dr., Kearny, N.J. 07032. Poster—Pace Editions Inc., 115 E. 23rd St., N.Y., N.Y. 10010. Floor lamps—The Lite Factory, 503 E. 72nd St., N.Y., N.Y. 10021. Canister lights—George Kovacs, Inc., 831 Madison Ave., N.Y., N.Y. 10021.
**Page 65** (top): Bed sheets "Chevron"—Spring Mills, 104 W. 40th St., N.Y., N.Y. 10018. Rug—Cabin Craft, Inc., Box 1208, Dalton, Ga. 30720. Night table—Kittinger Company, 1893 Elmwood Ave., Buffalo, N.Y. 14207. (Bottom): Dresser, mirror, bed and under storage—Bassett Furniture Industries, Bassett, Va. 24055. Wall paneling—United States Gypsum, 101 S. Wacker Dr., Chicago, Ill. 60606. Floor tile—Armstrong Cork Company, Lancaster, Pa. 17604. Wall lamp—Nessen Lamps Inc., 3200 Jerome Ave., Bronx, N.Y. 10468.
**Page 66:** Cabinets and headboard—Ello Furniture Manufacturing Co., 1034 Elm St., Rockford, Ill. 61101. Bedspread "Young Romantics"—Croscill Curtain Co., 261 Fifth Ave., N.Y., N.Y. 10016. Posters—Kulicke, Contract P... Corp., 636 Broadway, N.Y., N.Y. ... Flooring covering—Import Specia... 82 Wall St., N.Y., N.Y. 10005. ... clock—J. C. Penney Company, In... Ave. of the Americas, N.Y., N.Y. ...
**Page 67** (top): Bedspread—Sears... buck and Co., Sears Tower, Chica... 60684. (Bottom): Storage units—... Coggin, Inc., South Rd., High Point... 27262. Etagere—Design Institute A... 1677 Merchandise Mart, Chica... 60654. Wall covering—Quadrille W... pers, Inc., 979 Third Ave., N.Y. ... 10022.
**SET YOUR TABLE WITH FLOWERS**
Hollow keyed pictures, **page 101,** ... tify patterns and manufacturers ad...
**1.** "Town Garden" coffeepot—G... 333 Adelaide Ave., Providence, R.I. ...
**2.** "Magic Garden" Temper-ware... ing stand, casserole, bowl, and ... Lenox, Prince & Meade Sts., T... N.J. 08605. **3.** "Alice" creamer an... on plate—Denby, 4688 Paddock R... cinnati, Ohio 45229. **4.** "Dubarry"... creamer, and coffeepot—Doulton ... Inc., 400 Paterson Plank Rd., C... N.J. 07072. **5.** "Yorktowne" platt... tard cup—The Pfaltzgraff Co., Y... 17405. **6.** "Bee Blossom" plate, ... saucer—Block China Corporation, ... 26th St., N.Y., N.Y. 10010. **7.** "Sh... plate, sugar bowl—Minton, 400 P... Plank Rd., Carlstadt, N.J. 07... "Morning Blossom" plates, cup a... cer—Lenox (address above). **9.** "Int... coffeepot, cup and saucers, plates... (address above). **10.** "Greenhouse... Pea" cup and saucer—Franciscan ... pace Corp., 2901 Los Feliz Blv... Angeles, Calif. 90039. **11.** "Indian... teapot—Spode Incorporated, 26 K... Blvd., East Brunswick, N.J. 088... "Petals Plus" plate, coffee server... and spoon—Noritake Co., Inc., ... Redna Terrace, Cincinnati, Ohio ... **13.** "Hello Spring" plate, cup and ... —Noritake Co. (address abov... "April Tulip" bowls, cup and s... Corning Glass Works, Corning ... 14830.
**LOW-CAL, LOW-COST,**
**Page 80** (top): Salad and dinner pl... ver Lining"—Franciscan, Interpa... poration, 2901 Los Feliz Blvd., L... geles, Calif. 90039. Dessert plate... mer-McCutcheon, 145 East 57th ... N.Y., N.Y. 10022. Wine glass—... Ltd., 4688 Paddock Road, Cin... Ohio 45229. (Bottom): Dinner ... Denby (address above).
**Page 81** (top): Dinner and sala... "Transition"—Block China Comp... East 26th Street, N.Y., N.Y. 1001... and sherbet—Denby Ltd. (address ... Silverware—Noritake Company In... cinnati, Ohio 45215. (Bottom): ... plate, cup and saucer—Dansk I... Inc., Radio Circle Road, Mt. Kisc... 10549. Silverware—Danisk ... above). Dessert dish—The Kent... lection, Inc., Pleasantville, N.Y. ...
**Page 82:** Bowls—Etco Industrie... 225 5th Ave., N.Y., N.Y. 10010.
**Page 83** (top): Bowl—Holdings, I... Denton Road, Federalsburg, Md. ...
**PRIZE TESTED RECIPES**
**Page 94** (top left): Glass—Denb... Paddock Road, Cincinnati, Ohio ... Plate—Royal Copenhagen P... Corp., 8 Westchester Plaza, E... N.Y. 10523. Cookie jar—Libbe... Company, Div. of Owens-Illinoi... Company, P.O. Box 919, Toled... 43693. (Bottom left): Cups and s... Franciscan, Interpace Corporatio... Los Feliz Blvd., Los Angeles, ... 90039. Plate—Rosenthal Studio H... Fifth Ave., N.Y., N.Y. 10036. (To... Casserole—Dansk Designs, Inc., ... Circle Road, Mt. Kisco, N.Y. ... (Bottom right): Fork "George... Gorham, Div. of Textron, 333 ... Ave., Providence, R.I. 02907. S... pepper set—The George S. Th... Corporation, Div. of Leeds Eng... Corporation, 366 Coral Circle, E... do, Calif. 90245. Plate "Romany"... (address above).
**FUN FOODS FROM THE FIREPLA**
**Page 96** (top): Pewter bowl and ... Wilton Armetale, 18th & Franklin ... Columbia, Pa. 17512. Wine glasse... by, 4699 Paddock Road, Cincinna... 45229. (Bottom): Bowl "Romany ... by (address above). Beer glasses ... Lauffer Company, Inc., Belmon... Somerset, N.J. 08873.
**SEASONING SAVVY**
**Page 106** (left): Dinner plate "C... —Franciscan, Interpace Corporati... Los Feliz Blvd., Los Angeles, Cali... (Right): Copper dish—Bazar I... 666 Sixth Ave., N.Y., N.Y. 1000... bowl "Iron Mountain"—Rosentha... Haus, 548 Fifth Ave., N.Y., N.Y. ... Spoon "Holland"—Franciscan ... above). (Bottom): Dinner plat... ciscan (address above).
**NATURE-LOVING KITCHEN**
**Page 114** (top): Refrigerator—... house Electric Corp., Westinghou... ing, Gateway Center, Pittsbu... 15222. Dishwasher—The Mayta... pany, Newton, Iowa 50208. ... Chairs—Hank Lowenstein, Inc., ... 2nd Ave., Ft. Lauderdale, Fla. ... Counter tops "Cimmerian Leathe... mica Corp., 120 E. 4th St., Ci... Ohio 45202. Microwave oven—... Corporation, Topton, Pa. 19562.

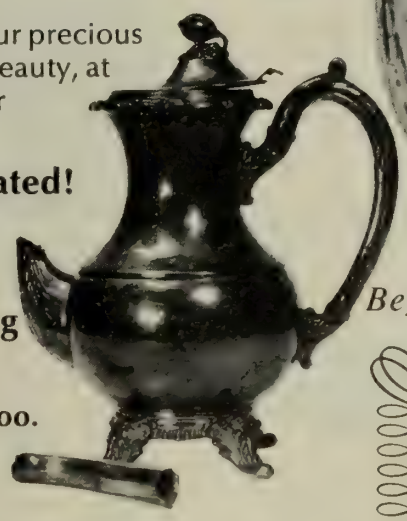
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# TRAVEL WEST

*Barbara Humeston, Regional Travel Edit*

An insider's guide to family vacations for readers who live in the Far West

## Canada's winter Rockies by rail



*One of Canada's transcontinentals winds through the winter l*

When it snows, the always-spectacular Canadian Rockies take on a new dimension that's nothing short of breathtaking. Massive peaks and conifer forests are mantled in white; meadows are carpeted with a dozen feet of sparkling crust; and icebound streams and lakes become frozen sculptures. But getting to this wonderful wintry wilderness over frozen roads presents a challenge.

Fortunately for Westerners, Canada's two transcontinental railroads offer an excellent way to savor this winterscape in armchair comfort. Best of all, you can put together a triangle schedule that includes three Rocky Mountain parks and the cities of Edmonton and Calgary in a long weekend.

### Triangle tours

From Vancouver, Canadian National's *Super Continental* departs daily for the east via Jasper and Edmonton. Canadian Pacific's *Canadian* follows a southerly route through Lake Louise, Banff, and Calgary. Canadian Pacific schedules commuter-style railcar service twice a day in each direction between Calgary and Edmonton. The idea is to go one way and return the other. Both routes also toss in the tortuous Fraser Canyon and the lake and forest country of central British Columbia as a bonus.

Regardless of the triangle route you choose, you'll spend one night on the train in each direction. And because of the connecting Calgary-Edmonton schedule, you'll spend the night in between in Edmonton to complete the circuit in the shortest time.

### Winter fun spots

If you stop over for additional days at Jasper, Banff, or Lake Louise, you can connect with the opposite train by local bus or rental car for your return to Vancouver. Both the Jasper and Banff areas offer winter activities such as downhill skiing (four major areas), dog sledding, snowshoeing and cross-country skiing into the backcountry, ice skating, curling, and sight-seeing. Several resorts provide excellent accommodations, including hot mineral springs and active night life.




Coach fare for the Vancouver-Edmonton - Calgary - Vancouver triangle amounts to about $70 to $85, depending on the day of the week you travel. Add about another $28 for two nights in an upper berth; another $68 if you get a roomette both ways. Each railroad gives family discounts, and both trains (though not the Calgary-Edmonton railcar) have reasonably priced dining car service (for example, prime rib is $5.45), lounge, and dome cars.

For additional information or reservations, see a travel a contact the passenger dep of each railroad directly: dian National Railways. Station Street, Vancouve ish Columbia; Canadian Rail, Granville and C Streets, Vancouver, Briti lumbia. Amtrak offices States also will ticket y Canadian National if yo ing Amtrak to reach Van

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Ticketron lets you latc tickets for a variety of events like professional contests—baseball, hock ketball, tennis, football, a

-concerts, theater, shows, big-audience gatherings from festivals to summer dance symphony festivals.

**Not all show biz**

ampers can cash in on Ticke-, too. Currently you can re- campsite accommodations tate parks in California, New k, Pennsylvania, and Vir-, as well as for National For- ervice parks in California. A of $1.50 plus the cost of the will free you of making mail rvations, as well as worrying t finding a spot to stay out e wilderness.

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**Computer efficiency**

he big advantage of the com- erized system is convenience. 're spared making special s to individual box offices, ch may be a distance from r home. You can get tickets variety of events all at one e and avoid the uncertainty delay of mailed-in orders.

icketron outlets are centrally ated in department stores, urban shopping centers, and ce buildings in almost two en metropolitan areas ughout the U.S. And the nber is growing. To purchase cket or tickets you do have to to an outlet. Ticketron does deal by mail.

The procedure is simple and ck. Tell the Ticketron opera- what you want—the event, at date you prefer, what per- mance, where you would like sit, how many seats you need, at price you'd like to pay. She ers the details on the computer minal keyboard. The system is ilar to those used at some air- ticket counters. The com- er immediately transmits a ssage back, stating what's available that most closely matches your request and also suggesting your best alternative.

You then have a full minute to make up your mind. During that time, the tickets are reserved—unavailable to anyone else.

Once you decide to buy, the operator pushes a button, the tickets are printed out in seconds, and the seats are removed from the computer's inventory, so there's no duplication.

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Your cost: the standard box office price plus a fee from 35 cents to 75 cents per ticket. (Ticket brokers for New York's Broadway shows often charge three times that amount or more.) You can pay by cash, or by check if you have the proper identification. Also, a number of large department stores, such as Macy's, Sear's, Bambergers, and Montgomery Ward, allow you to use your store charge account if there is a Ticketron terminal there.

Currently there are Ticketron outlets in San Francisco, Los Angeles, San Diego, Chicago Cleveland, Toledo, Milwaukee, Columbus, Akron, Cincinnati, and Montreal, as well as in the major metropolitan areas of Massachusetts, Rhode Island, Connecticut, New Jersey, New York, Maryland, Pennsylvania, and Washington, D.C. You can locate the nearest outlet by calling Ticketron. Look for their ads in local papers, or find them under "Ticket Services" in the Yellow Pages. Ticketron also is in most regular directories.

**Other ticketers, too**

Not surprisingly, several companies are now in the computer ticketing field pioneered by Ticketron. For example, Select-A-Seat Corporation, based in Phoenix, has extensive networks as well in San Francisco, San Diego, Los Angeles, Seattle, Denver, Atlanta, Norfolk, and Minneapolis/St. Paul. Most other computer ticketers operate locally, though some are expanding. ■


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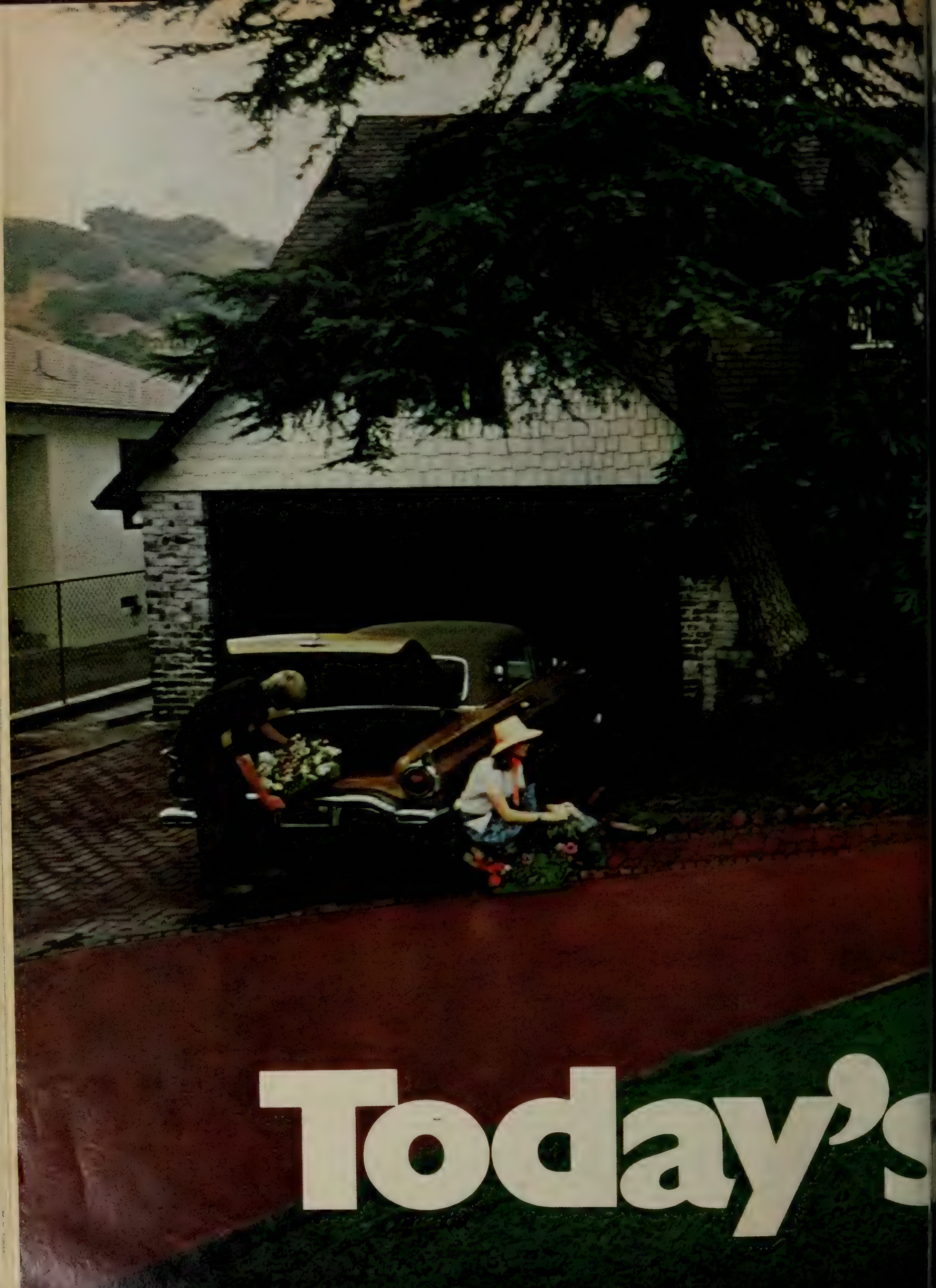
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*Every plant loves a greenhouse.*




Photograph: Lisanti. Interior Designer: Ann Bolitski, Jordan Marsh Co. Source: Estelle Bond

# PATTERN POINTERS

How do you like pattern in a room? One print used several times, two dramatic designs teamed up, or a happy mix of many? The choice is up to you.

**Above:** A two-patterned interplay accounts for the visual excitement in this traditional living room. The spray motif of the wallpaper and the geometric print on the sofas are equally bold designs, yet they don't conflict. That's because the two patterns share the same colors and are balanced by large areas of white.

**Center:** If you're uncertain about how to use pattern, you'll find that the one-pattern look is the easiest to achieve. Repeating one definite pattern in a room pulls it together and gives it professional polish. Here, a large-scale stripe on bedspreads, canopy, and draperies stands out smartly.

**Right:** Even a formal room can take a potpourri of pattern. Here, it includes a regimental stripe, a swirling paisley, and an oriental design. They add up to a harmonious whole because they're all traditional styles and are all in black and white. ■



Photograph: Lisanti. Interior Designer: Shelly Mowell, Lord



Photograph: Hedrich-Blessing. Interior Designer: Lee Olms, Famous-Barr. Source




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# Checklist for range care

Every range comes with an instruction booklet that contains concise information about the specific appliance. Before using your range, be sure to read this booklet. Also, review it periodically to refresh your memory. With these facts in mind, check the following tips for keeping your range in top condition.

### Surface units and burners

- For maximum safety and minimum spillover problems, use pans which completely cover the heating unit or burner.
- Learn to use the infinite heat settings, available on both gas and electric ranges.
- Clean up spillovers as promptly as possible. The longer you wait, the harder spots will be to remove. Let cooking surface cool till you can touch it safely, then scrub spillover with soapy water. Polish cooking surface with dry soft cloth.
- To protect glazed surfaces, don't use gritty cleansers.
- Before using a thermostatically controlled burner, check the use-and-care booklet. It should indicate what temperatures to use for simmering, boiling, sautéing, and deep frying.
- Check the thermostatic sensing device occasionally to see if it is pressing firmly against the bottom of the pan when in use. Use only flat-bottomed pans. Don't try to remove the thermostatic sensing device for cleaning from the sensor itself.
- On gas ranges, be sure the flame is adjusted correctly. A yellow flame means not enough air; noisy blowing flame means too much air; soft or lazy flame means air is improperly mixed; a lapping flame means the burner needs adjusting and amount of gas should be decreased.
- Clean the gas burner ports with a small wire brush or pipe cleaner. Don't use a wooden pick that might break off.
- Do not use your range as a supplementary heater during power failures.
- Start the ventilating fan as soon as you start cooking.
- If you're flaming wines or liqueurs during cooking, turn off the ventilating fan.

### Ovens

- For cookies, cakes, muffins, bread, and similar food, preheat the oven about ten minutes before using. Generally, you can skip this step when you're preparing other foods.
- Always allow air space around pans when placing them in the oven; one to 1½ inches on all sides is usually recommended. Your use-and-care book may also give you tips on arranging pans in the oven for optimum heat circulation.
- If your oven has a low setting (200° or below), use it to keep food warm before serving, or to warm the serving dishes. (Use hot pads to handle items heated at 140°.)
- A non-self-cleaning oven is easier to clean if it is cleaned often. Let the oven cool first, then use hot sudsy water on most surfaces. A mild abrasive can be used on stubborn surfaces except a non-stick finish or one. Avoid touching any electrical part with a wet cloth.

If you use a commercial oven cleaner, be sure to follow the manufacturer's directions and wipe away all traces of cleaner after it's done its work.

- When using a self-cleaning (pyrolitic) cycle, clean non-oven range parts only if the use-and-care booklet says to.
- Before using foil on a range liner, check the instruction booklet. Many manufacturers do not recommend using foil.
- For your own safety when turning, basting, and removing foods, use the oven shelf that pulls out and locks.
- Be sure no baked-on food clogs the mechanism in a gas oven door.
- Check to make sure racks are leveled perfectly, or cakes will bake unevenly.

### Broilers

- Use the broiler pan that came with your range; it was specially designed for this use and will reduce spattering.
- Preheat the broiler for about five minutes or as long as the use-and-care book suggests.
- Cut excess fat from meat to avoid spatters.
- Put small amount of water in bottom of broiler pan (under rack) to cut down smoke.
- Place food on cold rack in broiler pan—never preheat pan.
- Don't cover broiler pan with foil; it prevents the fat from draining and could cause a fire if it gets hot.
- When broiling is finished, remove food to serving platter. Sprinkle pan with detergent, cover with wet paper towels to loosen grease and food particles. Wash later.
- After each use, wipe the oven area with a damp paper towel.

# ET-
# CHING
# ND STEAK

the weekly meat spe-
buy choicer cuts at
. To make the bar-
tter, we'll show you
h a two-pound round
generous entrée for
omplementary menu
'best buy" into com-

**MENU**
**us Fruit Cup**
**ach Beef Roll**
**Peas and Potatoes**
**nberry Relish**
**s Butter**
**ts de Creme**
**Coffee**



Photograph: Dieter

**EEF ROLL**
*e platter with cherry*
*nd parsley—*
**ons all-purpose flour**
**salt**
**garlic salt**
**pepper**
**piece beef round**
**t ¾ inch thick**
**ice package frozen**
**spinach, cooked and**
**ned (½ cup)**
**bread crumbs (1**
**ad)**
**ed parmesan cheese**
**ons finely chopped**
**ground sage**
**dried thyme, crushed**
**ons shortening**
**ed wine**

flour, salt, garlic salt,
r; pound into round
neat is about ¼ inch
meat in half length-
bine spinach, bread
eese, onion, sage, and
read over both pieces
oll up each piece jelly-
, starting from shorter
r or tie securely.
t, brown meat slowly
es in hot shortening.
12x7½x2-inch bak-
Pour wine over meat.
e in 350° oven for 45
ncover; bake 15 min-
or till tender. Pass
es 8 servings. ■



## Until Red Star's 1st Baking Recipe Exchange, Mrs. Brown's marvelous Apple-Cinnamon Raisin Bread was a family secret.

## That's why we're having a 2nd Baking Recipe Exchange.




### Even Red Star was surprised!

We've been in the baking business over 90 years... we thought we'd seen just about every yeast-baking recipe. We were wrong. Last year's 1st Baking Recipe Exchange elicited over 10,000 family recipes and, frankly, we were amazed.

Sour Cream Banana Rolls, Star Spangled Banana Bread, Cheese 'n Rye Bread, Ethiopian Honey Spice Bread, Walk-Aways ...crazy, wonderful, inventive, delicious baking recipes from all over the United States.

Recipes that were locked in trunks, written into wills, found in foreign countries, recipes that were too good to keep secret.

### It's easy to enter the 2nd Baking Recipe Exchange.

Simply send us your favorite yeast-baking recipe along with an empty 3-strip of Red Star® Yeast. With your recipe please include information as to its origin and tips you have in its preparation.

Perhaps you found it in Aunt Nellie's trunk; or found it in a magazine and changed it.

However you found it, it's a fun idea to share it.

### Last year's prizewinning recipes. Yours free for entering.

We've collected what we believe to be the 26 best recipes from last year's Recipe Exchange. We've put the recipes and their stories into an attractive book including Mrs. Brown's. It's yours free for entering. You can also find Mrs. Brown's recipe on the back of Red Star Yeast packages.

If you want more than one recipe book, simply send 50¢ and an empty package of Red Star Yeast, for each book, to Recipe Exchange, Box B, 433 E. Michigan Street, Milwaukee, Wisconsin 53201.

If your recipe is selected to be in the 2nd Annual Recipe Exchange booklet, you will also be awarded $100. Recipes must be mailed by June 30, 1976.

Baking with natural, no-preservative Red Star Yeast is a gratifying, good tradition. And, once you read these wonderful, creative recipes, you'll know that the American baker is alive and well and doing marvelous things with yeast recipes.

Red Star's Baking Recipe Exchange is a nice way to share this good tradition.




**Good baking comes naturally...with all-natural Red Star Yeast.**

UNIVERSAL FOODS CORP., Milwaukee, Wisconsin 53201

# Make room for desk work

Photograph: Hedrich-Blessing. Designer: Robert Curtis, Pogues



Source: Suzanne McDonald

Extra space at a premium? No walls to spare? Don't let these problems keep you from enjoying the convenience of a desk. Here an antique writing table has been placed adjacent and perpendicular to the far end of a love seat, creating a work area with minimum expenditure of wall space. Table lamp has been omitted here so as not to interrupt the continuity of the art wall. But without disturbing the symmetry of the wall grouping, you could substitute a lamp for the small oil painting above the desk if you prefer.



Photograph: Kent Oppenheimer. Designer: Mary Oppenheimer

In this compact work center, the desk, lighted display case, and bookshelves are all wall-hung to conserve precious space. Wall units are finished in natural walnut and sealed with matte varnish to harmonize with the vinyl wall covering in simulated wood grain. The lower section of the unit allows for ample writing surface as well as concealed storage space. An efficient home office need not lack character. A glass-fronted display case holds collector pieces which bring a personal touch to an otherwise businesslike spot.

Photograph: Warren Reynolds. Designer: John Thill, Dayt

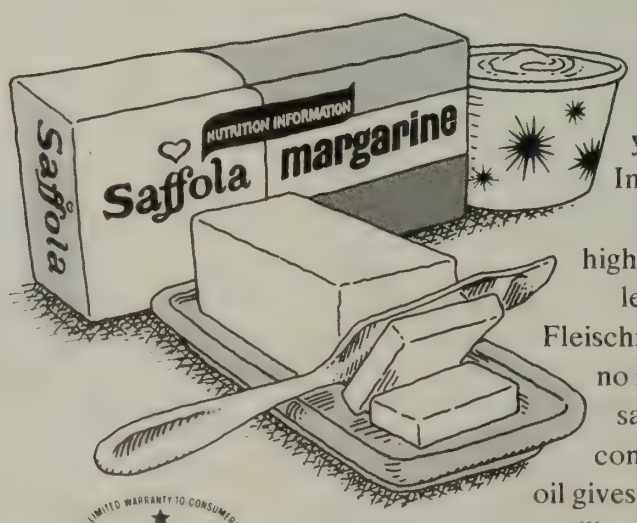


Source: Barbara Go

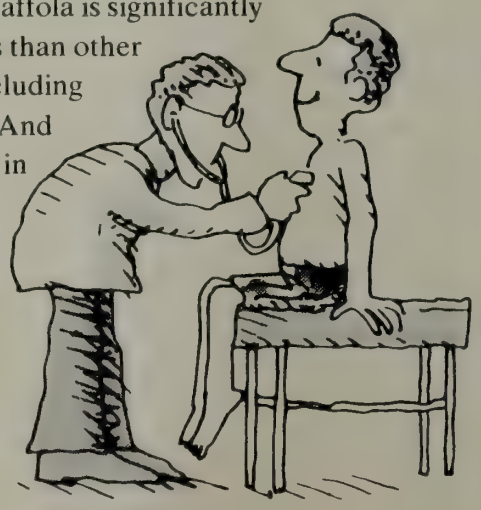
An antique slant-top desk, reminiscent those found in one-room schoolhouse forms the nucleus of this peaceful rea ing and writing nook. The small lamp a books are left undisturbed when the de top is lifted for access to storage belo An old wire ice-cream-parlor chair ad flavor to this scholarly corner. Adjust ble brackets accommodate shelves f books and personal mementos while tra ing philodendron softens the linear loc The hamper next to the desk sto Christmas ornaments and wrapping pap


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# esy
# tballs
# l
# ghetti



Photograph: Dieter

t already have all the this speedy dinner. ly different, too, be- spaghetti features a se sauce instead of nato.

**MENU**
o Juice Cocktail
Meatball Platter
ige Italian Dressing
read Sticks
Spumoni
White Wine

**TBALL PLATTER**
*starts with cheddar*

**igs**
**t bread crumbs**
**bread)**
**ped onion**

**ons snipped parsley**
**salt**
**dried oregano,**

**ground beef**
**ons cooking oil**
**ensed cheddar cheese**

**ons all-purpose flour**

**white wine**
**spaghetti**

bowl, combine eggs, bs, onion, the ¼ cup parsley, salt, oregano, r. Add ground beef; hape in 30 meatballs. illet, brown half the t a time in hot oil. excess fat. Return all o skillet. Stir together our; gradually add the . Pour over meatballs over; simmer 10 to 12 ir in wine. Cover; sim- utes more. Serve over Makes 6 servings. ■


# Who Dunked The Crystal Chandelier in the Cheese Omelet Mix?

BEFORE

AFTER

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SOLID AIR FRESHENER
Refill the air with freshness

# Dormer decorating

Wondering how to dress that dormer window? Why not i light-blocking curtains and draperies completely and come up a treatment all your own? Here are two thought-starting ide signed to lead you to other solutions for difficult dormers.



Photographs: Phokion Karas. Design: J&N Interior Design. Source: Estelle Bond Guralnick

**In this teen-ager's room,** a cherished collection of dancing were strung across the cornice to create a "valance," and more and puppets were tacked to the frame as "curtains." Adding charm to this cozy spot is an antique school desk now being u a space-saving dressing table.



Design: Nancy Scheldrup. From the Boston Jr. League Show House

**Here a supergraphic incorporates** the recessed dormer are the total design of a boy's room. Alternating banners of vivi low, orange, and green climb up and over the walls and ceiling, ing a "curtain" of color for the window. A simple bottoms-up ba shade controls privacy. ■

# Mexican Pizza!

You'll flip your sombrero over this easy, new family-style recipe in Pillsbury's Best® Flour.

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ical, they choose
and jelly above
ay "I don't like it"
asting a new food.
air. Chances are
ok at your child's
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preparation—even if
a hindrance at first.
ill usually eat the
ave helped prepare.
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many children don't.
e your child is ex-
ide variety of foods.
vs, he'll accept the
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aking dessert a re-
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e emphasis on the
and makes the vege-
lain forevermore.
, try to keep meals
pitched battles. Re-
mealtime be an hour
ly to share.

## New ways with lamb

To separate lamb from the mint-sauce syndrome, ring in some intriguing variations, starting with these out-of-the-ordinary recipes.

**VEGETABLE LAMB STEW**

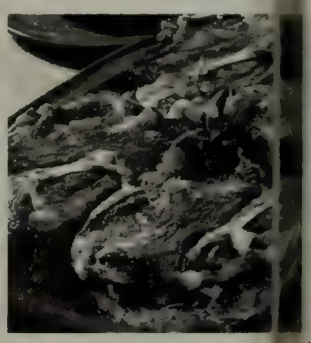
*Serve atop hot biscuit halves—*

- **3 tablespoons all-purpose flour**
- **1 teaspoon salt**
- **⅛ teaspoon pepper**
- **1½ pounds boneless lamb, cut in 1-inch cubes**
- **2 tablespoons cooking oil**
- **3 cups water**
- **1 teaspoon dillseed**
- **4 potatoes, pared and c… 1-inch pieces**
- **6 carrots, pared and cu… 1-inch pieces**
- **2 onions, cut in quarter…**
- **1 teaspoon salt**
- **½ cup milk**
- **¼ cup all-purpose flour**

Combine the 3 tablespo… the first teaspoon salt … pepper. Coat lamb with … ture. In Dutch oven, br… in hot oil. Add the wate… seed. Cover; simmer 1 … potatoes, carrots, onion… remaining salt. Cover … 30 minutes or till vege… tender. Blend together … the remaining flour; stir … mixture. Cook and sti… ture thickens and bubbl… 5 or 6 servings.



Ph…



**LAMB-SAUSAGE STAC…UP**

- **8 lamb shoulder chops … to ⅜ inch thick**
- **8 ounces bulk pork sa…ge**
- **½ cup chopped onion**
- **½ cup catsup**
- **¼ cup water**
- **1 tablespoon cornstar…**
- **2 tablespoons cold wa…**

Trim excess fat from … 10-inch skillet, brown … both sides. Sprinkle w… salt and pepper. Spre… on *half* the chops; to… maining chops. Place … in same skillet. Comb… catsup, and the ¼ … pour over lamb. Cov… 50 minutes or till lam… and sausage is cooke… meat to serving pla… warm. Measure pan j… off excess fat. If nec… water to pan juices to … liquid; return to skille… the cornstarch and the … stir into pan juices. C… till thickened and bu… hot sauce with lamb… Makes 4 servings. ■


# Rosarita y Avocado. Ole!

Tonight, slip quietly across the border without ever leaving home. With tacos, Rosarita Refried Beans and California Avocados. Start things going with cool, creamy California Avocado guacamole dip and tortilla chips. For easy tacos, use Rosarita Taco Shells. They're pre-shaped to hold your favorite meat filling. Add shredded cheese and lettuce, and drizzle with Rosarita Taco Sauce. Then top your taco off with some lively guacamole and serve with heated Rosarita Refried Beans under crescents of tender, nutlike California Avocado.
There's no need to learn Spanish. Everybody knows what "Mmm…" means.

**Guacamole**

4 California Avocados, peeled and mashed
1 teaspoon seasoned salt
2 tablespoons lemon or lime juice
Rosarita Hot Sauce, a dash or two to taste
1 medium tomato, chopped fine
Combine and chill all ingredients. Serve with corn chips.






LOVE FOOD FROM CALIFORNIA
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ROSARITA MEXICAN FOODS COMPANY
Mexican Sauces, Frozen Dinners and Entrees

# REDPACK® A PASTA TONIGHT.

**Redpack It Zesty.**
What's seasoned with zingy bits of celery, onion, and bell pepper and cooks up into a zesty sauce? Redpack Stewed Tomatoes, of course. Try them to add change-of-pace flavor to any pasta dish.

**Redpack It Juicy.**
Redpack Whole Tomatoes in Juice may be added to pasta recipes that call for a thinner sauce. Or drain the juice, cook with your pasta, and serve the tomatoes as a flavorful garnish.

**Redpack It Quick.**
When you're too rushed to make sauce from scratch, reach for Redpack Tomatoes in thick Puree. (We've already done the simmering for you!) Simply heat and pour over any pasta dish for instantly delicious results.

**Redpack It Rich.**
For pasta with a real homemade taste, use Redpack Tomato Paste as your base! Just add water for the exact consistency of sauce you prefer, and your favorite spices.






**Redpack It Italian.**
The only thing more Italian than pasta is Redpack Italian Pear-Shaped Tomatoes! Their firm, meaty consistency and spritely flavor adds an authentic Italian accent to your favorite pasta recipes.

**REDPACK TOMATOES MAKE GREAT THRIFTY COOKS.**

# Facts about fabric finishes

There's something about the feel of new clothes that makes them special. After a few washings, that crisp apparel has lost the body that made it look and feel so good. That's when aerosol stiffeners now on the market come in handy.

### Starch vs. sizing

Though they're made of different substances, spray starch and sizing both do th—restoring body. S firm body and can higher ironing te while sizing (also c finish) is effective at peratures and gives h For these reasons, st ommended for cotton synthetics.

Spraying fabrics wi has some delighttul too. Silicone additive iron glide smoothly and help fabrics shun sewers say that spra laxes puckery seams pleating easier. Stif perk up limp scarves, lars, and cuffs.

When choosing consider the amount want; perhaps you ne starch and one of si the label for optical in the product.

### Directions for use

Always read the d the starch and sizing using and be sure to carefully.

Some directions su the sprayed item in a few minutes to let soak into the garmen it become dry before however.

Press (using steam with iron set at the perature for the fabr sprayed.

Clogged cans can b by cleaning the valve and spray to exhaust remove button and running water.

### Common complaints

Flaking occurs if stiffener is used on t if iron temperature As a precaution, spra rics on the inside– nates shine, too. O can be whisked off with a brush if y ironed over them.

Scorching occurs w sticks to the fabric. T when the iron is set a temperature or t too moist with spra often plagued with t when using starch, t a cooler iron.

Some resin-treat won't absorb starch e to sizing for these.

To prevent stiffene the iron, use only a of the product on f and iron twice if you body.

Stiffeners have a h content so before sp test fabrics that hav to shrink.


Bathroom too small?
Lady Scott® guest designer Brian Reale says,
"Widen it with white."

"I chose a silver wallpaper because it reflects images and gives depth to a room."

"Lady Scott's delicate White on White blossoms are retty enough to stack on a shelf. By he way, White on White can enhance he look of any bathroom."

"Match Lady Scott White on White® bathroom tissue with White on White facial tissues for the complete look."

"A tree becomes a towel holder for a touch of the outdoors."

"You can make even the smallest bathroom look larger by using a tub mirror."

"A fluffy white rug gives even the all-white bathroom a warm, natural look."

Lady Scott decorated 2-ply bathroom and matching facial tissues; in green, pink, gold or blue prints.

WHITE ON WHITE Lady Scott

Lady Scott®

Matching tissues to enhance the look of any bathroom.

Lady Scott Bathroom Tissue not available in Upstate New York area

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You'll find fascinating projects you can do in one sitting, and others that are much more challenging. You'll learn how to turn odds and ends you have around the house into stunning home accessories . . . unusual gifts . . . salable items that can bring you extra money! And just think of the money you'll save! These handcrafted items would cost a lot more in a store . . . but now you can create your own beautiful crafts at home for just pennies!

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Just say "Yes" and give FAMILY CRAFT CARDS a try. You'll get the handsome, heavy-gauge plastic project file (worth $5) complete with index, absolutely FREE just for trying your first set of 16 cards for 10 days without cost or obligation. You must be thrilled with the cards or you may return them and pay nothing, owe nothing.

However, once you see how much you can enjoy, how much you can save by making your own beautiful items, you'll probably want to get your hands on the whole series of FAMILY CRAFT CARDS! They can be yours for only $1.49 plus postage and handling for each set of 16 cards. And you may examine each before you decide whether or not to keep it. You'll find full details of this offer in the coupon. Just fill it out and mail it, today, to receive your first set of cards for 10-day free trial and your $5 gift to keep, entirely FREE!

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700013

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Address_____

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State_____ Zip _____

Signature_____

7141/Z442

Joan McCloskey

# Making room for wine

If your six-bottle wine rack is bulging at the seams, it's time you found a new spot for your collection. We have three projects to fill the bill. Anyone handy with a hammer and nails, a ruler, and a level could handle these units. Two are designed to store wine in unexpected places—a closet and a family-room or living-room bench. The third, meant for the cellar, can be used in two ways.



Designer: David Ashe
Photographs: Hopkins

**These stackable cubes** are ideal for anyone who buys wines in quantity, and they're easy to build from ½-inch exterior plywood. Glue and screw the cubes together, then arrange them pyramid-style *(above)* in a quiet part of the basement. Or *(below)* stack them directly atop one another in a corner, alternating open sides. Add a label to each cube to identify the contents; if each bottle is different, slip a tag around the neck so you needn't jostle all the bottles to find just one.



**This "one by two" wine rack** *(right)* goes up a closet wall; it's one bottle deep (about four inches) and two bottles wide (about 30 inches). Pine boards set at an angle about six inches above one another keep the wines in place. Space is provided here for a modest collection of bottles, but your closet could hold more if you fill more than one wall. Each label is completely visible so choosing an appropriate wine for dinner is easy. Store red wines this way so they'll be the right temperature.



**A wine rack can do double duty,** and here's a good example *(above)*. This attractive bin-bench is built in simple box style, mostly from ¾-inch plywood painted white. On the bottom of each bin are two oak boards that serve as dividers to keep bottles in line. Plants or people can rest on the sturdy storage unit—the stage-like top is covered with handsome oak flooring squares. Though there's space for 32 bottles, you could use one bin for record albums and another for magazines. Keep a wine record book handy on top for notes.



## WINE STORAGE TI

Don't think you have to ha bona fide cellar or a cool, q dark basement spot to house wine. It's made of sturdier than most wine snobs care to mit and can age under a var of living conditions. To keep at its peak of flavor, however, should observe a few rules.

### Keep the temperat 55 degrees

Sure, if you intend to cheri case of wine for a decade or you should look for a place wi the temperature is constant cool—ideally, 55 degrees. Ot wise, the wine matures at a fa rate. But if the longest yo ever kept a bottle is two y chances are a warmer spot, u 70 degrees, won't really affe

In most rooms, the tempera near the floor is cooler toward the ceiling. An inte room has a more stable temp ture than one with wall to windows.

Since white, rosé, and kling wines are more delicate reds, store them nearer the fl fortified wines like madeira port are unaffected by hi temperatures due to their hi alcoholic content. Thus, w that taste better chilled go ne the floor. Generally, keep away from the kitchen stove porch, and other obviously h cold places.

### Avoid vibration

Juggling disturbs the w harmony and sediment, makes it cloudy and unattrac But these days, most wine carefully treated and filtered seeing sediment in any but oldest and finest wines is rar deed. Unless you intend to c your collection around in trunk of your Model T or it next to your washing mac the wine will likely survive.

### Keep bottles in the d

Direct sunlight harms v too, by robbing it of color a some extent flavor. Again, w are more sensitive than That's why nearly all pren whites come in dark gree dark brown bottles which s against the sun's rays.

### Lay wine on its side

Corked table wines and kling wines should be stored zontally so that the corks moist and filled out. ■



# Cheeseburger Secret.

## See those little green chiles peeking out of the cheeseburger?

That's our secret. Fresh, flavorful Ortega® Green Chiles. They've always been part of sensational Mexican dishes. But wait 'til you taste them in the good old American cheeseburger!

When green chiles and melted cheese get together something delicious happens. And your family will love it. So next time you make a cheeseburger, plain 'burger or fix a frank, add a secret ingredient—tangy, Ortega Green Chiles.

GREEN CHILE CHEESEBURGER

1 lb. ground beef
4 slices American cheese
4 hamburger buns
1 can (4 oz.) Ortega Whole Green Chiles

Shape beef into four patties. Cut chiles lengthwise and open flat. Broil or grill patties to your taste. Top each patty with a chile and cheese slice. Return to broiler or grill to melt cheese. Serve on buns.

*Or*...use 1 can (4 oz.) Ortega Diced Green Chiles and spoon over grilled patty; continue as above.

Serves 4.




FOR MORE RECIPES USING ORTEGA® GREEN CHILES, SEND 35¢ TO HEUBLEIN, INC., P.O. BOX 1228, DEPT. 1040, HARTFORD, CT 06101

# What we do for sole provencal..

Use Planters® Oil to enhance the delicate flavor of this sole in a savory tomato sauce. Planters is the lightest of all commonly used polyunsaturated cooking oils. It's 100% pure peanut oil, the secret ingredient of gourmet dishes from Paris to Shanghai to Milan.

SOLE PROVENCAL: In a large skillet sauté 1 cup chopped onion and ½ cup diced celery in ¼ cup Planters Oil, until tender. Add 1 can (1-pound) tomatoes, 2 tablespoons chopped parsley, 2 bay leaves, 1¼ teaspoons salt and ¼ teaspoon pepper. Cover and simmer gently for 20 minutes. Add 1 pound sole fillets, and continue cooking for 10 minutes, or until fish flakes easily with a fork. Remove fish to warm platter. If a thicker sauce is desired, add a small amount of flour and cook until mixture is thickened and starts to boil. Makes 4 servings.




# we also do for fish 'n chips.

Even though Planters is the gourmet oil, it's also perfect for basic, everyday fish 'n chips. In fact, you can use the same batch of Planters Oil for frying both the fish and the potatoes! There's absolutely no flavor transfer. Everything tastes exactly the way it's meant to taste. That's what Planters Oil does for everything you cook.

FRIED FISH: Wash 1 pound assorted fish fillets. Combine 1 egg, 2 tablespoons milk and ¼ teaspoon salt; beat until blended. Dip fish in egg mixture and roll in ½ cup fine dry bread crumbs. Fry in about 2 cups of shallow hot (375°) Planters Oil, until golden brown. Drain on paper towels, and keep warm while preparing french fries in hot oil. Garnish with parsley and lemon wedges. Makes 4 servings.

## Planters Oil makes cooking...cuisine.

Another fine product o
*Standard Brand*

# puterzied
# ery
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nd more cans, pack- magazines in the super- ese days are marked ries of lines and num- 're part of the Univer- t Code system set up to alize the supermarket y computerizing the stand. The first five represent the manufac- l the next five the spe- luct and its size. "0" licates regular grocery

## w the system will work

hecker will no longer unch the price on the ster if the article has the nbol. She will simply he item from the cart, item over a scanner on ter, and pop the item the grocery bag.

item passes over the the code is automatical- The price is rung up on register automatically. puter checks the item off tory, and indicates that be reordered.

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| | 3.19 |

s for taxable)

product doesn't have the it, the checker will have h in the price on the as always.

## e advantages

-out is speeded up.

anner doesn't make mis- reading the code.

e has to run to the back ore and check a blurred g price.

rocery tape is itemized so see what you bought and h it cost.

tore reorders from the d amounts actually sold. ore will save the time and of marking the prices on each item for sale in the store.

## The questions

- Some consumers object to the absence of a price on each item. However, you can compare prices since they are attached to the shelf where you pick up the item. Some stores supply pens in the aisles for recording prices.
- The initial investment in the equipment is enormous. To make the system economically feasible, 80 percent of the items in the supermarket will have to carry the code. If that comes to pass, it will save the grocer and the consumer money. ■


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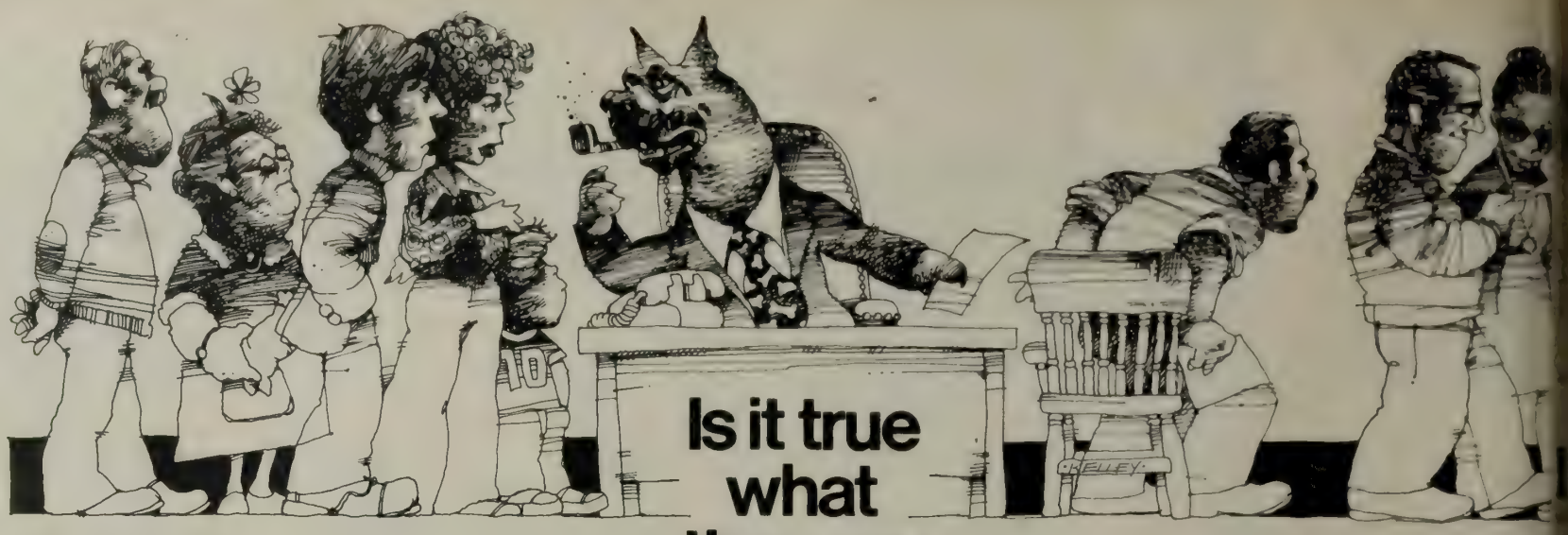
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2 pairs to an egg. $1.49 at your L'eggs Boutique. Also available in Canada.







Drawing: Hellman Design Assoc.

# Is it true what they say about dogs?

Anyone who has ever owned a dog is willing to offer advice on canine care and behavior. This information costs you nothing: unfortunately, that's about how much many of these tips are worth. Here are a few of the misstatements you'll probably encounter. Simply smile politely and forget them. Or, better yet, tactfully set your adviser straight.

**You can't teach an old dog new tricks.**

Sure you can. As long as a dog can see, hear, and move around, he's capable of learning. But the effectiveness of later training depends on whether or not you've established your authority early in your dog's training. A spoiled dog has learned that he rules the roost and needn't do what you tell him. If he's spent the better part of his life doing as he pleases, you're going to have a hard time convincing him there's been a change in your relationship.

**Large fast-growing dogs need calcium supplements during puppyhood for good bone development.**

Don't fool around with diet supplements. Extensive research has shown that all sizes of dogs—from tiny Maltese terriers to Great Danes—grow and develop at optimum rates on a balanced diet. This means a commercial "complete" ration and water. Don't endanger your dog's health by prescribing your own concoctions.

**It's easy to make your own dog food.**

You're welcome to try. One good recipe is to take a whole chicken—less feathers—and grind it up, head, feet, viscera and all. Cook for one hour at 350 degrees. The resulting mess will sustain your dog well, but at current prices it will still be more costly than store-bought dog food.

**Feeding table scraps will help cut dog feeding bills.**

If you feed just scraps, your dog will eventually die of malnutrition. By scraps we mean those leftovers your family considers unfit for human consumption—garbage. Now, if you feed your dog a piece of meat, some vegetables, and a little bread and potatoes, he'll probably do well. But then you'd have to buy additional groceries for the canine member of the family. Feed him commercial dog food.

**Concrete is the best surface for a dog run.**

Concrete may be easy to keep clean, but it's awfully hard on a dog. Ultimately the surface will cause calloused elbows and splayed toes. The best surface for a dog run is pea gravel. It helps develop strong toes and feet, is always cool to lie on, drains well, and still is fairly easy to keep clean.

**Dogs chew furniture and rugs to get back at owners who leave them home alone.**

Some dogs are mean, but none are vengeful. Many dogs chew to alleviate boredom. Soon this behavior becomes a habit and the dog associates chewing the couch with his owner's walking out the door. You can train your dog to refrain, but if the habit is thoroughly established, it's easier to confine him to a room where he can do no harm. And to keep him from getting bored, leave him his own rawhide toy to chew on.

**Rubbing a pup's nose in his own mess is a good way to housebreak him.**

It's a good way to make him afraid of you but a dubious cure for incontinence. Actually, a dog's own urine or feces is a lot less distasteful to him than it is to you. He'd hate having his nose rubbed on a clean carpet almost as much. It's your job as puppy trainer to see that he's outside when nature calls. That's usually after he wakes up, after he drinks, after he eats, and after he plays. Give him time; he'll get the idea.

**An outdoor dog shouldn't come into the house during winter.**

There's no reason why he shouldn't, unless your dog has muddy feet or you have guests who don't like dogs. If the dog has developed a warm winter coat, he won't catch cold when he returns outdoors a a few hours indoors. But an indoor d hair coat won't be thick enough for hi start living outdoors after winter has se

**If your mother dog growls when you proach her puppies, you should leave alone until the pups are weaned.**

No dog, mother or not, should eve allowed to growl at her owner. That's first step a dog makes to establish d nance. The next time she may bite, finally you have an uncontrollable ani To avoid that, reprimand her sharply a first growl, then assure her that you w hurt her pups. Early, gentle handlin puppies helps them adapt more quick the human world.

**A warm, dry nose is a sign that a dog a fever.**

Not necessarily. While most dog have cold, moist noses, many don't. can tell if your dog has a temperatur putting your finger into his ear or layin back of your hand against the soft, hai skin inside his thigh. If either area feels take his temperature rectally. Norm 101.5 to 101.6 degrees. If you'd rathe do it yourself, take him to the veterina

**Clipping a dog will help keep him co in summer.**

Just the opposite. A dog's coat ac insulation to fend off the summer Clipping his coat lets more heat int body. If you do give your dog an an haircut, make certain he always has ac to shade—which is important for all c regardless of hair length.

**Mongrels are smarter than purebred**

Some dogs are smart, some are d Intelligence is a quality that can be d oped through selective breeding, ju size and color can. Selective breeding t place only with purebred dogs. Ther lots of smart mongrels, but they're h accidents. You have a much better ch of getting a puppy that will become a s dog when you know how smart his mo father, and grandparents are. ■

# Never before... chopped burger for dogs with real cheese flavor and protein-rich egg.

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19. Grease on Permanent Press
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21. Tablecloths
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24. Cutting board
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26. Broiler pan
27. Drip pan
28. Pop corn popper
29. —201. (To be continued)

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For a free Stark Bro's catalog only, write us at the above address.


# *Nature-loving kitchen*



Photographs: Hopkins. Scout: Maxine

Here's a serene kitchen that brings the outdoors in. Glass windows, and doors let in sunshine and a changing outdoor rama. Originally, this floor space held a tiny black pantry functional but dreary kitchen. The Smiths not only made th more livable, they did all the work themselves—a real labor o

Mike Smith tackled the ceiling first. He arched it to gain a of spaciousness. To bring in even more light he next installed strip of glass above the sink and main counter. The window l family look out onto a high bank of ground cover and flo shrubs. The natural look is echoed inside with prefinished ran plank flooring, crisply accented by custom-made white plastic nate cabinets and simple stainless steel hardware. The lan plastic counter tops have a leather-like finish, a practical cho this hardworking room. Soap and water are all that's needed t this room immaculate.



Buying information, page 110

Architect: Mich

Every nook and cranny in the Smiths' kitchen is utilized: and dryer in the far left corner, closed cabinet storage abo detergents and fabric softeners, an eye-level microwave over to the breakfast counter for speedy cooking.

And at party time, a supplementary sink inside a brightly p cubicle is handy for drink mixing or salad making. Glasses, goods, soft drinks, wine, and drink garnishes are stored in the cabinet at right.

The long snack counter, with a leather-look counter top to the one on the opposite wall, serves as eating area, buffet, add counter space, or laundry-folding table. High rush stools let comfortably kibitz dinner party preparations.

Above cabinets on both walls, open storage areas are ide showing off a basket collection and trailing plants. This is ar spot to store attractive but seldom-used serving pieces.

# Quality. The endangered species.

e, when a man produced a product it was the best
ould possibly make. He stood behind it with pride.
ived a simple idea: Do it right or don't do it at all.
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orkmanship, in the quality of things, is in danger
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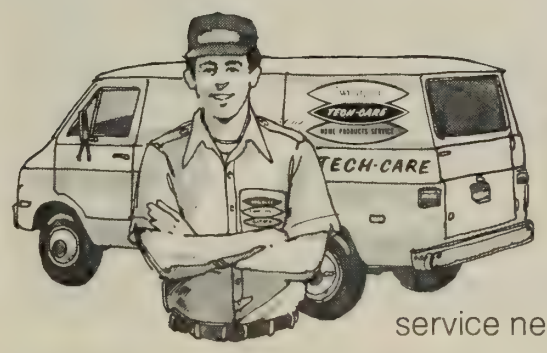
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ome use. Demanding, exhaustive tests. Anyone
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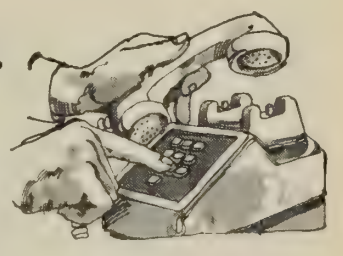

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## Cool line for hot tempers.



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Home Appliances

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from BH&G




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**Count Your Age Sampler** Cross-stitch this thoughtful saying and you wil play with pride. Simple cross-stitch is easy to do and economical. Makes a l gift. Kit comes with design-stamped 100% linen fabric, 100% cotton embro thread, needle, and simple instructions (including stitch diagrams). Fit 16″ x 20″ walnut finish wood frame.



**Wall Phone Organizer** Dress up a wall phone with this charming needlepoint organizer. It's as decorative as it is useful. Perfect for your kitchen, it's done in sunshiny yellows in an ever-popular gingham design. Makes a unique gift. Designed to fit a standard or Trimline® wall phone. Kit comes with durable, washable canvas, easy to work with and holds its shape, 100% acrylic yarn, needle, simple instructions, and easy-to-follow charts. Finished size is 13½″ x 10½″.



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_____ **No. 00064 Calendar Kit and Frame $19.47, 2 for $36.95**
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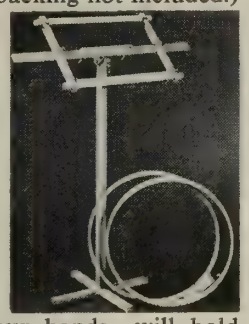
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# low to order material from the magazine

**entennial Patchwork Quilt**—An exclusive design available only tter Homes and Gardens. It's a beautiful, colorful family heirloom re for years to come. Kit contains enough precut pieces to make lesign blocks, sufficient yardage of red and white fabric for you uilt strips and outside borders, cotton embroidery floss, needle, plete step-by-step, illustrated instructions. The fabric is linen and r and is washable. Finished quilt measures approximately 80 x 94 Quilt back and batting not included.)

**entennial Patchwork Pillow**—Another exclusive available only tter Homes and Gardens, the pillow is an easy-to-make, colorful to any room. Kit contains enough precut pieces to make one ign block, sufficient yardage of red, white, and blue fabric for the borders, and complete step-by-step, illustrated instructions. ric is linen and polyester and is washable. Finished pillow size is mately 20 by 26 inches. (Pillow stuffing and backing not included.)

**rame**—Hardwood scroll frame for needle-rewel, and embroidery workers. The frame used with or without the stand. Simply our material until the working area is be-croll rods. Tension is adjusted to suit by ng wing nut. Scroll will handle material up ches wide.



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**nch Project Plan**—You can omplete, detailed home-car-plans for the Better Homes ardens Workbench Project o. 50283 shown in this issue. an packet includes:



nsional drawing of each and detail
professional easy-to-follow ngs
ctual photo or drawing of the ed project
t of materials to make shopping easier
l cutting diagrams that help to stretch your wood buying dollar
by-step instructions

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tity

- No. 00698 Bicentennial Quilt $32.89 ..... **page 75**
- No. 00699 Bicentennial Pillow $5.49, 2 for $9.98
- No. 13165 Scroll Frame $8.99, 2 for $16.98
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- No. 13168 Quilting Hoop 23" $7.49
- No. 13169 Quilting Hoop 17" x 27" Oval $7.99
- No. 13170 Stand for Scroll or Hoops $15.99, 2 for $29.98
- No. 50283 Workbench Project Plan $2.50 ..... **page 26**

e include postage and handling. For orders up to $5 add 60¢; to $10 add $1; $10.01 to $15 add $1.35; $15.01 to $25 add $1.70; $25 add $2.

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# Arthritis sufferers: are you cheating yourselves?

**Four out of *five* arthritis victims get less medication *with every* dose.**

You probably have arthritis or you wouldn't be reading this. And if you do, you want all the pain reliever you can get. But if you are not using Anacin®, the chances are four out of five you can get more help with every dose than you are getting now. Anacin gives you twenty-three percent more pain reliever/anti-inflammatory medication than Bayer, twenty-three percent more than Bufferin, twenty-three percent more than ordinary aspirin tablets. And only Anacin adds a special medication to help overcome the dragged-out feeling that can come with pain.

Anacin goes to work quickly to relieve minor arthritis pain and then its stiffness for hours. Soon you feel like yourself again; you enjoy more freedom of movement without pain. Yet millions take Anacin without stomach upset.

Don't cheat yourself. Get more pain reliever/anti-inflammatory medication with Anacin.

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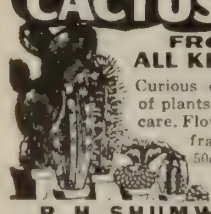
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# GARDENING IN FEBRUARY

**Be an early-bird gardener and put your housebound time to good use. To start, browse through the fresh crop of garden catalogs and plot new plantings. Then brighten the indoor scene by forcing a few flowering branches or bulbs into bloom.**

## Dual-purpose trees—smart buys for small lots

If your planting space is limited, it's especially important to weigh the pros and cons of a tree before you buy.

First, analyze what you expect —shade, privacy, a landscaping accent, flowers, autumn color, fruit, nuts. Then select trees that meet two or more of your needs. Why settle for just shade, or just privacy, when you can have both and flowers too?

Most of the best dual-purpose trees reach only ten to 25 feet at maturity. This is another plus in their favor when the growing room is at a minimum.

Think double-use when you plan your plantings.

*Mark your lot line* with small trees that flower in the spring. Columnar crab apples such as Pink Spires or White Candle are good choices. Or, set dwarf apples, cherries, plums, or pears in a lineup, and you can have lot-line screening, flowers, *and* fruit.

*Add street-side privacy with* one well-placed tree. Set a flowering tree 15 to 20 feet from the window you wish to screen; most flowering trees branch low, so they give more privacy than bigger trees. Redbud, shadblow *(Amelanchier laevis),* and star magnolia do a good job of blocking views while offering springtime beauty as a bonus. In the South and areas on both coasts where the temperature doesn't fall below zero, you can use crape-myrtle to provide privacy for a street-side window.

*Use a flowering tree* for terrace shade; you'll be able to enjoy blooms close up when the tree comes in flower. For this location, it's best to choose a tree that won't drop fruit on the terrace. Hawthorns hold their fruit well into winter. The Russian olive would work well in this situation, too; although it doesn't have showy flowers, the gray foliage and gnarled growth habit make this tree interesting sons of the year.

*For nut-producing* s trees on your lawn, planting Chinese chestnut need a pair of them to pollination). Give these p room; they'll reach 50 maturity.

If you want nuts but do enough space for full-si you can set in a clump of They grow six feet tall.

## Lilies-of-the-vall a fragrant whis of spring

Treat yourself to a bow of-the-valley pips and e scent and look of sprin early. The pips, availa forcing any time of the y easy to grow. Plant in mossy potting medium o soil, water well, and ke cool, dry place (about grees) until they sprout. usually appears in just days. Bring into light a the potting mix moist. weeks you'll be reward the dainty bells of bloom Flowers will last for tw

## In February also . . .

● If your pussy willow fo ing promising buds, cu branches and bring ther for forcing. Place in a filled jug and watch th "cats' toes" unfold.

If your pussy willow b root, share them with ga friends when weather is for outdoor planting. Roo tings will grow into resp size shrubs in two or thre

You can also cut bra forsythia, crab apple, an for forcing. Put cut bra water to push open the flo

● Avoid throwing shov snow on shrubs along yo walk or driveway. The w the snow could break bra

Gently brush away s cumulations that bend of evergreens and other Never hit branches of ice- trees or shrubs. Britt could break if tapped w are covered with ice.

● Organize seed-starti plies and replenish sho your stock of pots and you'll need during spring ahead. Order catalogs fr and nursery companies.

# Litton introduces Combination Cooking: A better way to cook.












The new Litton combination microwave range lets you select the one best way to cook your favorite dishes better. A combination of microwave speed and conventional heat. Microwave speed only. Or conventional baking and broiling.

**Combination cooking.**
Why microwave and conventional cooking in one oven?

Simply because the two in combination cook better as one. Microwaves penetrate the food and cook quickly; conventional heat browns-in crispness.

Crunchy-topped casseroles, roasts, poultry, breads and desserts come out evenly browned, yet more moist than ever before. And in one-half the time of conventional cooking. Even a whole meal of meat-loaf, oven-baked potatoes and fresh apple pie can be cooked in just 28 minutes.

And whether you use your recipes or the hundreds of new ideas in our exclusive, 208-page Combination Cookbook, you get better results meal after meal.

**Microwave speed.**
The new Litton combination range also gives you the speed and convenience of microwave cooking only. So you can quickly heat leftovers, vegetables, or sauces. And defrost frozen foods automatically.

**Conventional heat.**
Yet, the Litton combination microwave range can also be used as a conventional oven, or for smokeless closed-door broiling. And it's available with a self-cleaning oven system that removes even the toughest baked-on stains.

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# BUYING A HOUSE? LOOK FOR A GUARANTEE

Picture yourself in this situation. After searching for months, checking out schools and neighborhoods, shopping for mortgages, and trudging through dozens of rooms, you've finally found and purchased a brand-new house that seems just right for your family. The tab is $38,500. Your new furniture has been delivered and you're finally getting settled in your new home.

Then, two months later, a water pipe in your new house bursts and floods your basement. Or water starts dripping through a bedroom ceiling after the first heavy rain. Or the heating system fails to keep your house warm when you need it most. Or, just possibly, all of the above. What now?

If you had bought a car, a watch, a blender, or any of hundreds of other items, you'd probably be protected against defects by some sort of guarantee or warranty. But for the biggest single purchase most families ever make, no such protection has been available.

Now, at last, there is. Under a program developed about two years ago, you finally *can* get a guaranteed house. The plan, called HOW (for Home Owners Warranty), was developed by the National Association of Home Builders in conjunction with its thousands of member-builders and provides a ten-year protection plan for new houses.

## HERE'S HOW

- During the first year, the builder himself agrees to protect against faulty workmanship and defective materials, as well as major construction defects.
- During the first and second years, the builder is responsible for covering major construction defects and for defects in the plumbing, heating, electrical, and cooling systems of the home.
- During the third through tenth years, the home is protected against major construction defects through insurance coverage arranged by HOW. (That coverage also protects you—the buyer—during the first two years if for any reason the builder can't or won't meet his responsibilities.)

What constitutes a "major construction defect?" HOW's warranty agreement defines it as "actual damage to the load-bearing portion of the home (including damage due to soil movement) which affects its load-bearing function and which vitally affects or is imminently likely to produce a vital effect on the use of the home for residential purposes."

That's quite a mouthful; here's how it translates into specific examples. If the builder erected your house on badly compacted fill and the house subsides, causing damage, your claim would probably be accepted as a "major construction defect." The same applies if subsidence is caused by ground movement or bad soil conditions. Likewise, you'd be protected against a collapsed roof or failure of lintels, beams, or load-bearing walls.

Certain other kinds of problems might *not* be accepted as "major construction defects," including defects in plastering, wall tiling, flooring, and other finishes; dampness in floors and walls; and wet rot in window frames, doors, door frames, and other millwork. The warranty agreement also specifies other kinds of damage for which the builder can't be held liable, including accidental loss or damage from smoke or fire, storm, insects, lightning, and so on—some of which are covered by homeowner's insurance you'd normally have anyway.

The HOW program provides a process for handling disputes. Since the builder is responsible for defects during the first two years, your first step would be to contact him directly if your claim arises during that time. You're required to put your complaint in writing. If the builder disputes the claim or denies responsibility, you can then present the complaint to the local HOW Council (there are nearly 70 Councils throughout the country), and they'll provide a conciliator who will try to help you and the builder work out a solution. And if that procedure fails, you have still further recourse: You can request arbitration through the American Arbitration Association or a similarly approved organization. All builders enrolled in the HOW program have agreed to be bound by the arbitrator's decision.

If your problem comes up during the third through tenth years, it would be covered by HOW's insurance rather than the builder's, so you'd present your claim to the local HOW Council. The same conciliation and arbitration procedures would apply, if they're needed. And, of course, those recourses are intended merely to supplement your basic common-law rights, not to supplant them. You have the option of taking legal action if you prefer. But HOW's system seems to be working smoothly. A spokesman reported recently that only six cases were in conciliation; all other claims had been settled.

## WHERE—AND HOW MUCH?

The HOW program is presently operating in 32 states, covering about half the country. But an additional 12 states have approved HOW's insurance coverage—the first step in getting the program started—and it probably won't be long before guaranteed houses are much more widely available. About 3,000 builders are enrolled in the program now, and more than 50,000 new homes are presently covered by the warranty. Builders and real estate agents report that home buyers seem to like the idea; where they're available, new houses with guarantees generally sell faster than those without any protection.

Cost of the coverage is figured at $2 per thousand of the home's selling price. On a $35,000 house, for instance, the fee would be $70 (the minimum fee is $50). That cost is initially paid by the builder, but you can expect him to pass it along to you as part of the selling price, as he does other costs incurred in building the house.

If you sell your house within the ten-year coverage period, its protection automatically transfers to the new owner—a nice feature that might help you sell more quickly.

## WHAT IF YOU BUY AN OLDER HOUSE?

The HOW plan covers only new houses, but there are other warranty programs that can help protect you if you buy a "used" house. As you might expect—since an older house is more li... ly to have problems—the cov... age is costlier and doesn't last ... long. Still, it can be a worthwh... investment.

One such plan was initia... about a year ago under the sp... sorship of the National Asso... tion of Realtors. The plan, cal... the Home Protection Progra... is really an insurance policy t... warrants used homes for a o... year period, and is renewable ... up to three years. The cover... protects you against damage fr... structural faults in floors, c... ings, walls, roofs, and baseme... plus failures in the plumbi... heating, cooling, and electri... systems. The cost is about o... half of one percent of the cost ... the house—$175, for instan... on a $35,000 house.

The house is first checked ... by a trained inspector, whose ... port indicates what is and i... insurable. As buyer or seller, ... can then decide whether or ... you want to buy the insura... policy based on that report. T... policy would have a $100 ded... ible clause, similar to that in a ... and homeowner's insurance.

A number of compa... throughout the country o... used-home warranties of this s... and the cost, coverage, and ... quirements vary, so it's a g... idea to find out exactly what ... terms are. In California, for ... stance, used-home warranties ... fered by American Home Shi... require *no* inspection of ... house; any used home sold b... participating realty firm is c... ered by the warranty, which c... $195 and is paid by the seller ... ter the closing. The policy co... the seller for 15 days after ... home is listed, and it covers ... buyer for a full year against ... pair or replacement costs of s... major items as the heati..., plumbing, and electrical syste..., the hot water heater, and buil... appliances such as oven, ran..., garbage disposal, and dishwash... There's a $15 charge for e... service call, but the warranty c... ers all labor and material cost...

*For more information, write:*

*Home Owners Warranty Corp.*
*15th and M Streets, NW*
*Washington, D.C. 20005*

*National Assoc. of Realtors*
*Media Department*
*155 East Superior Street*
*Chicago, Ill. 60611*

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# Is there an answer to the smoking question?

Should people smoke? They've been battling that one since the smoking con-
versy started. Smokers have an answer. Non-smokers have another answer. And
critics of smoking think they have all the answers.

But arguing whether people should or shouldn't smoke isn't going to change
ything. The reality is that people do smoke. And they will continue to smoke.
matter what anyone says.

So perhaps a more realistic question would be: what should a smoker smoke?

If some smokers don't want to give up smoking yet find themselves concerned
out 'tar' and nicotine, then the critics could well recommend that they switch to
w 'tar' and nicotine cigarette. Like Vantage.

And if some of these smokers prefer a menthol cigarette, then the critics could
ggest that they switch to a low 'tar' and nicotine menthol. Like Vantage Menthol.

Vantage Menthol offers smokers all the cool, refreshing flavor they could ever
for. And at the same time gives them the substantial cut
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Now Vantage Menthol isn't the lowest 'tar' and
cotine menthol around. But anything lower
obably compromises the flavor.

So if you smoke a menthol cigarette, we're not
ing to argue whether you should or you shouldn't.
he fact is you do.

And if you want to do something about 'tar'
d nicotine, Vantage Menthol could be one answer
r you to consider.




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FILTER, MENTHOL: 11 mg. "tar", 0.7 mg. nicotine, av. per cigarette, FTC Report SEPT. '75.

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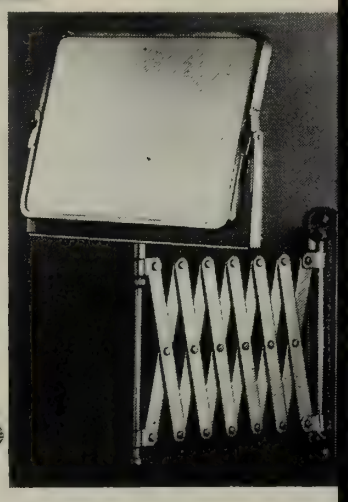
**THE MARQUISE**—finger flattery in solid Sterling Silver! Love the blaze of its simulated diamond, the black bewitchery of simulated onyx! American-made. Sizes 5,6,7,8.
**3198 Marquise Ring $7.98**

## on sale!

Solid Sterling Silver! Personalized bracelets with the weight and heft and silken sheen you want. His engraved in block letters, hers in flowing script, PRINT initials.
**1144 Her Bracelet.** Was $14.98! **$9.98**
**1143 His Bracelet.** Was $16.98! **$12.98**

## wide-view mirror

This bathroom mirror reaches out to you—this new 8x6" shape gives a wider mirror area! Great for makeup and shaving, great for hair styling—a back view with both hands free. Two-faced mirror flips from plain to magnifying, extends up to 30", swivels for best angle and light, folds flat to wall when not in use. Fine polished chrome-plated metal.
**8672 Wide-view Extension Mirror $14.98**



## that's all!

Just "etc." No message, but what a look! Natural carved kiln-dried wood, stained to enhance the grain, stunning solo or in a wall grouping. About 11½x6½".
**8303 Etc. $3.98**

etc

*Add 75c post. & hdlg. N.Y. res. add taxes*

**LILLIAN VERNON**
**Dept. H21, 510 S. Fulton Ave.**
**Mt. Vernon, New York 10550**

## mist sprayer sale! $1.98

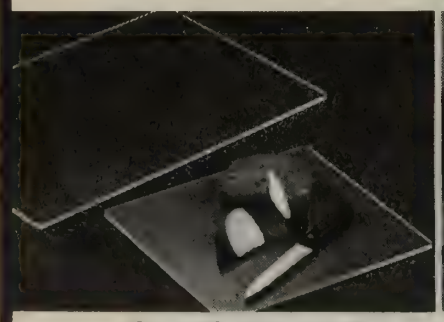
**ANNIVERSARY SPECIAL—WAS $2.98!** Yes, the solid brass original, sale-priced for our silver jubilee! Professional care for foliage and flower—super-fine mist adds humidity houseplants crave, can't harm the tiniest seedlings. Handy for touch-up pressing—buy 2 and keep one at the ironing board. 6" high, lacquered.
**6414 Mist Sprayer.** Was $2.98. **$1.98**

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Lilly's Garden

**Dept. H22, 510 S. Fulton Ave.**
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## both pretty and practical!

**CRYSTAL-CLEAR CUTTING BOARD**, invisible shield for counter tops and tables! Terrific for slicing and chopping, won't absorb odors. Gracious for serving cake or cheeses, protective under hot dishes or platters. Tough acrylic in two sizes.
**6706 Clear Board, 9x11" .....$1.98**
**5121 Clear Board, 11x18" .....$4.98**

**MORTAR AND PESTLE SET**—3 of them in gleamy white pocelain! Delightful apothecary-shop decor, and so useful, too—essential for blending seasoned butters and spreads, for crushing herbs and garlic. Set of 3 as shown—bowl diameters 1¾-4¾", each with its own pestle.
**5497 Mortar and Pestle Set ....$5.98**

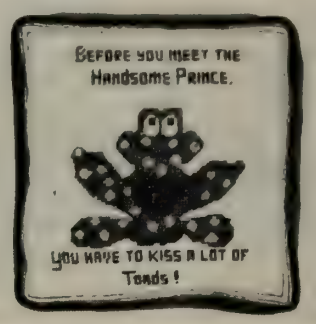
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The Country Gourmet
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Discover the ease and pleasure of shoppi mail. Order from the convenience of your home with complete confidence. If not deli each company will happily refund your mo

***by Ann Lively***




### Meet the handsome

"Before you meet the prince you have to kis toads." Kit includes desi on 12-mesh canvas. Per and directions. In green, yellow, white on cream ba Finished size 10" x 10" $1.50 post. The Stitch BH-2, Wellesley Hills, Ma



### Photo sphere

Crystal clear lucite mat cellent setting for you photos (up to 3½" x 5"). into the protective trans dows suspended on luci sleeves for 100 photos. $ post. Re-fills (25) $2. Ho nel, Dept. 226E, Deerpa tavia, Ill. 60510.



### The expanding pers

Keeps papers in order, lo gant on desk or shelf. for bills, receipts, 3-way by month, by category. F 10½" x 12½", #1339 $8 ing address book #13 6½", $6.98 + 75¢ post. non, Dept. H2E, 510 Ave., Mt. Vernon, NY 10



### Popular new spoon

Genuine Turquoise ar Silver in this new ring justs to fit any finger. H by fine silversmiths. yourself or give a love plus 50¢ postage. Order Western Gifts, 600 Sou Club Road, B2S, Tucs 85716.



### Pineapple cutter

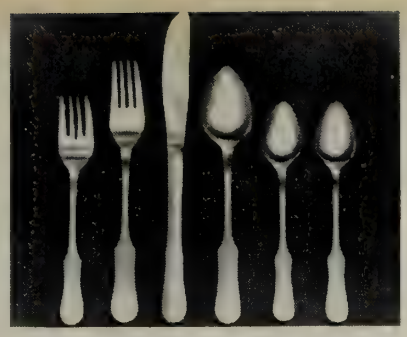
Quickly cuts, cores a fresh pineapple with one pass. Made of stainles rated blade, aluminum h may be used for cutting other fruits. 7½" high. ppd., 2/$6.50 ppd. Spear Eng., Box 7025, Colorado Springs, Colo



### Americana porcela

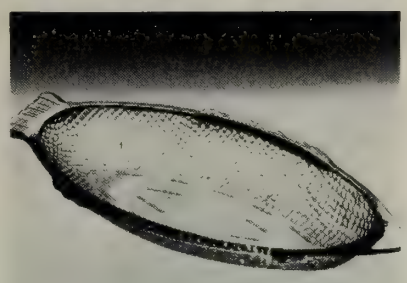
Copenhagen Blue plates & Ives lithographs. 8½ hanging loops. "Homes ter" shown. Also availab House", "Old Homeste in Wilderness". $3 ea. Set of 4/$9.98 + $1 po Consumer, Dept. UH- Rd., Philadelphia, PA 1

### ack stainless



ation of the 200th anni- our country, a 48-piece, 8, Americana Fiddleback With an additional 6-piece hostess set. All in stain- . . . *sale price* $17.76 + Crown-Castle, Ltd., Dept. 51 Bank St., Stamford, ut 06901.

### ake crystal for fish



seafood recipe into exotic fare! Just place fish in ake, no need to even turn it golden brown to the ge fish shaped 18″x8½″, gh for a party-size tuna too. $3.98 + $1.25 post. arter, Dept. BHG-14562, Meeting, PA 19462.

### rocker pads



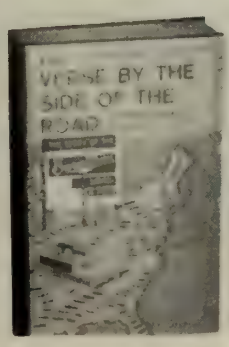
al coloring of 18th century nne Crewel adds charm & your rocker. Multi-color textured, easy-care Scotch- tton, zippered & foam filled. 17½″x16½″ seat; 1″ thick ″ back. Set/ $16.95 + st.Yield House, Dept. D62X, nway, NH 03860.

### e rolling bar



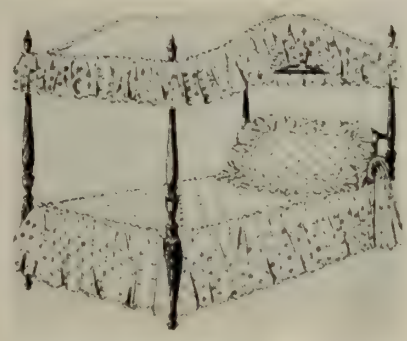
rs with 2 lift-out ice buck- ds 10 quart-size bottles, cocktail glasses, each in its l. Rustproof sun yellow acrylic . . . fine outdoors. a planter. 23″H, 20″ dia. 6740, $14.99 + $1.75 post. d Studios, 11070 Green- g., Miami, Fla. 33059.

### nber Burma-Shave?




bit of nostalgia with this s collection called "Verse ide of the Road." It's the he Burma-Shave signs and at for years made motor tra fun. A hardbound beau- uld make a handsome gift. 50¢ post. Holiday Gifts, Dept. Wheat Ridge, CO 80033.

### bedroom ensemble



mbroidered all-over in no- lin (50% Avril/50% polyes- ead: twin $35; double $40; 50; Canopy: twin $27; dou- Sham $9. Matching ruf- ains available. Add $1.50 talog free. Colonial Maid , Dept. BH2, Lawn Ter., neck Village, NY 10543.

### crafted cabinet



mble collection in a walnut cabinet topped with a metal 5½″ wide x 8½″ high x 1½″ mall enough for even the all space. Even more effec- en hung in pairs. #1009, /$18.95 ppd. NY res. add . The Sewing Corner, Dept. 420, Whitestone, NY 11357.

continued




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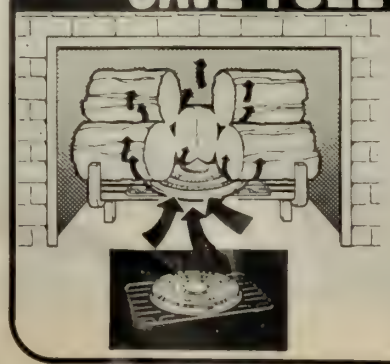
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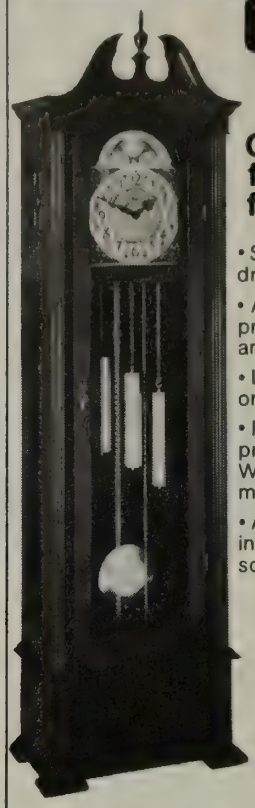
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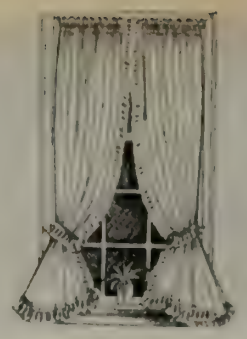
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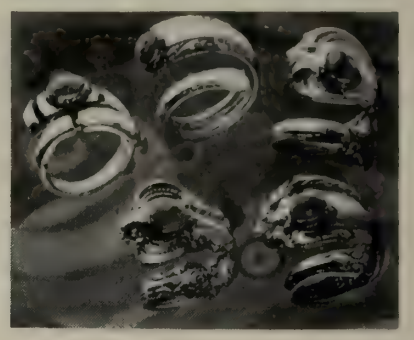
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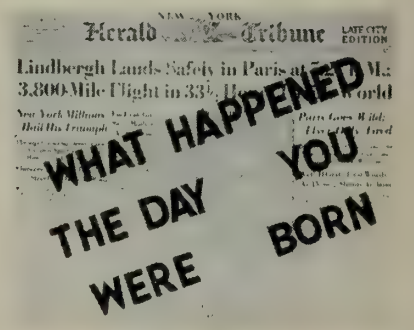

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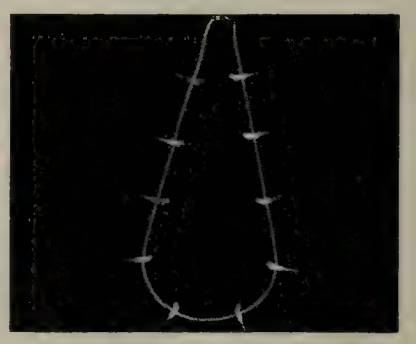

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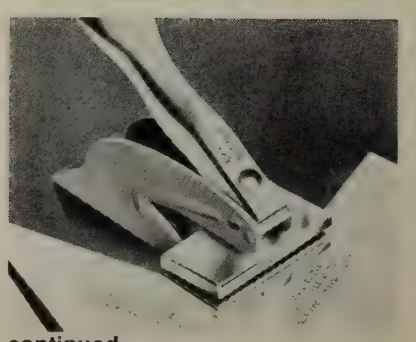

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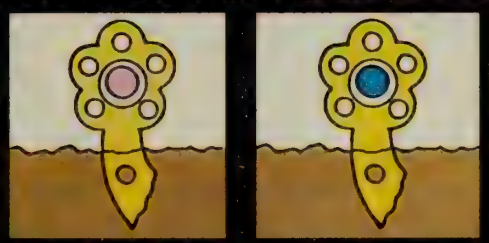


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**MONEY BACK GUARANTEE**

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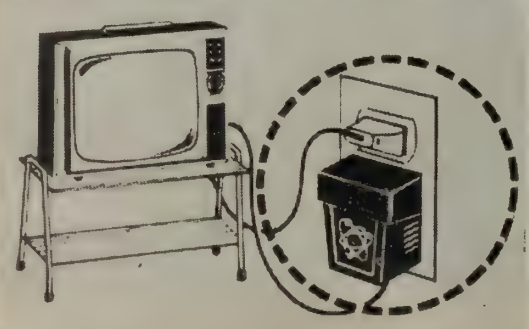
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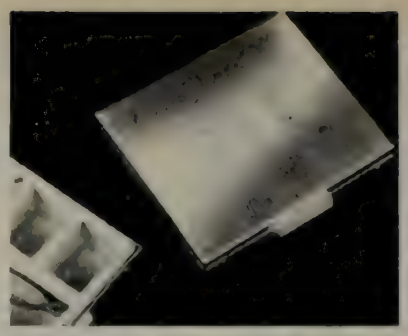


**SECRET POWER ANTENNA**

Attaches to rear of TV set and into any AC/DC outlet to bring in marvelously crisp, clear pictures and eliminate all manner of ghosts and electronic gremlins. Unseen antenna eliminates need for ugly roof equipment or old-fashioned rabbit ears. For AM/FM, UHF/VHF, Black & White or Color sets.

**Secret Power Antenna**
**$7.98 + $1.00 Mailing Each**
Calif. residents add 6% sales tax.
Satisfaction guaranteed.

*Anthony Enterprises*
556 Mission, Dept. BHG-26
San Francisco, Calif. 94105



**Pierced earring case**

Ideally suited to keep your pairs of drops and studs t and untangled. This lovely earring case is 2¾"x2½"x1 has seven velvety compartm two sizes. Small tongs are in Comes engraved with 3 please specify. $4.95 ppd. Br lind, Dept. BH2, Boulder, CO



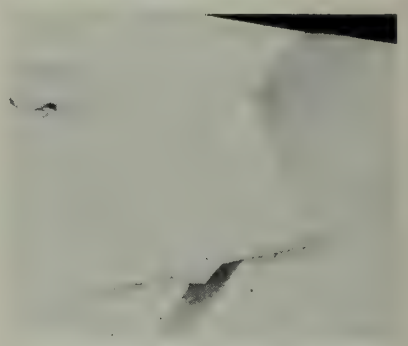
**Modern standard telep**

Perfect for guest room, t model factory rebuilt telep ready to use with a regular c plug. In white, ivory, green pink, red, blue or yellow. $2 $2 Shp. Chg. Catalog of de phones 50¢. Order from Com. Inc., Dept. BHG-2, 3 Ave., New York, NY 10001.



**Embroidered Dahara S**

These handsome importe are made of white cotton w cate embroidery on both b front. Has a plunging 3 butto line. For men & women, size (sm., med., lg.). $8.9 more/$8.50 ea. + 50¢ post. American Consumer, Dept. Caroline Rd., Philadelphia, P



**King bed converter**

Convert your twin beds into size bed in seconds. Plac fortable polyurethane Span between two twin size be so snugly, you'll never k there. Strong enough to sup biggest man. 6'L, 14"W $6.9 post. Holiday Gifts, Dept. Wheat Ridge, Colorado 80



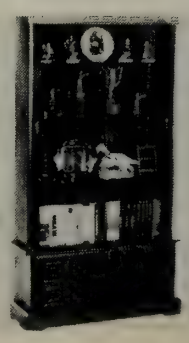
**Handy plant nursemai**

Use the amazing wicks to f the right amount of water f 8 weeks. Insert one end of in soil, the other end in wat worry about thirsty plants wh trip. Will not rot or mildew 4/$2.98 + 45¢ post. Anthon prises, Dept. BHG-105, 5 sion, San Francisco, CA 94



**Take a soothe-a-bath**

Bathe away tension fast, en relaxation with your head an ders cradled on a heavenly of air . . . Soothe-A-Bath Pil x 20"; 4 suction cups hold it wet-proof to keep hair d fleur-de-lis pattern on white $4.98 ppd. Better Sleep BH-2, New Providence, N.



**Hardwood curio cabir**

Select solid hardwood, and ite styling. Comes with rubbed finish; each unit has compartment, for maximu plus lock and key. Styling in Contemporary, Medite Traditional etc. Write: Artis Specialties, Dept. BHG-2, Chicago Ave., Chicago, IL

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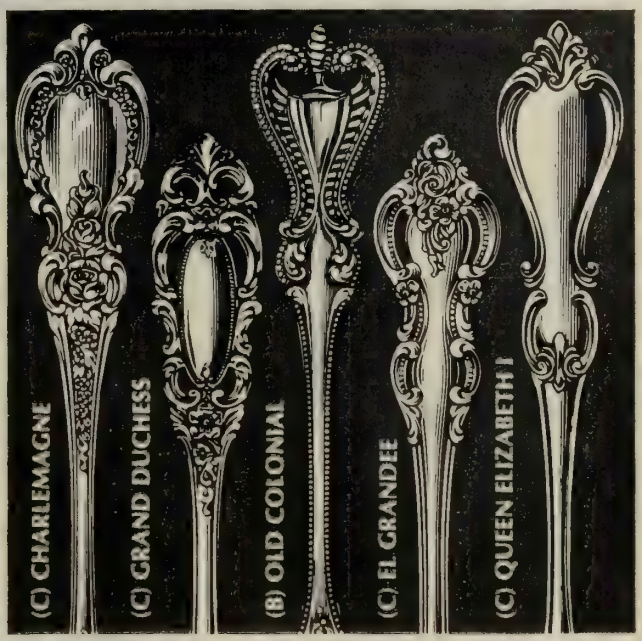






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**EVERYTHING INCLUDED: PLACE SETTINGS, HOSTESS SETS, SERVING PIECES, 32 PIECE SERVICE FOR 8, AND OPEN STOCK ... ALL ON SALE AT 25% SAVINGS!**

## 24 MONTHS TO PAY WITHOUT ANY FINANCE CHARGES

Buy on Jaccard's Silver Club Plan with 10% down and balance in 24 equal monthly payments ($5.00 minimum). The following statement is required by law, "cost of credit is included in price quoted for goods and services." (However, you don't pay extra for credit at Jaccard's. Our deferred payment price is exactly the same as our cash price.)



## FREE SILVER CHEST!

Holds 130 piece service. Pacific Cloth lined silver chest free with purchase of $300 or more.

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JEWELERS SINCE 1829

Sale ends March 6, 1976 so act now!

JACCARD'S, 22 Petticoat Lane, Kansas City, Missouri 64106

Name:

Address:

City: State: Zip:

- ☐ Cash. Check enclosed for full amount (add sales tax as applicable).
- ☐ Master Charge or Expiration Date _____
- ☐ BankAmericard No. _____
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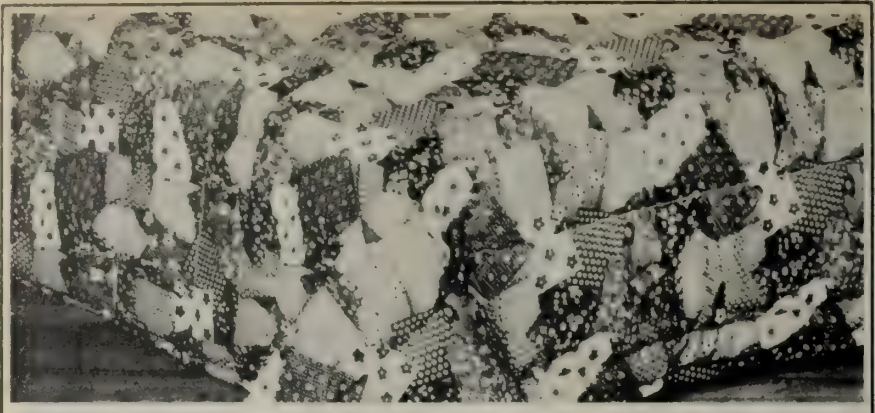
Bank reference:

4 piece setting: fork, knife, teasoon, salad fork. 32 piece set: eight 4 piece place settings. 6 piece hostess set: reg. tablespoon, pcd. tablespoon, sugar spoon, butter knife, cold meat fork, gravy ladle. Partial listing shown. Complete sale price list available upon request. If matching present silver, include tracings of knife, fork, soup spoon, and butter spreader. Add $2.50 handling/shipping charge please.

BH0276

Please ship the following in pattern:

| QUANTITY/ITEM | GROUP A REG. | GROUP A SALE | GROUP B REG. | GROUP B SALE | GROUP C REG. | GROUP C SALE |
|---|---|---|---|---|---|---|
| ___4 piece place setting..... | 110.00 | **82.50** | 125.50 | **94.13** | 141.00 | **105.75** |
| ___32 piece set ..... | 880.00 | **660.00** | 1004.00 | **753.00** | 1128.00 | **846.00** |
| ___6 piece hostess set ..... | 278.50 | **208.90** | 307.50 | **230.63** | 338.00 | **253.50** |
| ___Teaspoon ..... | 20.00 | **15.00** | 23.50 | **17.63** | 27.00 | **20.25** |
| ___Place fork ..... | 32.00 | **24.00** | 36.00 | **27.00** | 40.00 | **30.00** |
| ___Place knife ..... | 30.00 | **22.50** | 34.00 | **25.50** | 38.00 | **28.50** |
| ___Salad fork ..... | 28.00 | **21.00** | 32.00 | **24.00** | 36.00 | **27.00** |
| ___Place spoon ..... | 28.00 | **21.00** | 32.00 | **24.00** | 36.00 | **27.00** |
| ___Cream soup spoon ..... | 28.00 | **21.00** | 32.00 | **24.00** | 36.00 | **27.00** |
| ___Butter spreader, hh. ..... | 20.00 | **15.00** | 23.50 | **17.63** | 27.00 | **20.25** |
| ___Iced beverage spoon ..... | 25.00 | **18.75** | 29.00 | **21.75** | 33.00 | **24.75** |
| ___Cocktail fork ..... | 20.00 | **15.00** | 23.50 | **17.63** | 27.50 | **20.63** |
| ___Tablespoon, regular ..... | 53.50 | **40.13** | 60.00 | **45.00** | 66.50 | **49.88** |
| ___Tablespoon, pierced ..... | 53.50 | **40.13** | 60.00 | **45.00** | 66.50 | **49.88** |
| ___Sugar spoon ..... | 29.50 | **22.13** | 32.00 | **24.00** | 36.00 | **27.00** |
| ___Butter knife, hh. ..... | 25.00 | **18.75** | 27.50 | **20.63** | 30.00 | **22.50** |
| ___Cold meat fork ..... | 58.50 | **43.88** | 64.00 | **48.00** | 69.50 | **52.13** |
| ___Gravy ladle ..... | 58.50 | **43.88** | 64.00 | **48.00** | 69.50 | **52.13** |
| ___Pie/cake knife ..... | 30.00 | **22.50** | 35.00 | **26.25** | 40.00 | **30.00** |



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## • washable • fits single or double bed

Bring a little country livin' into your home with this super, 100% washable, patchwork print quilt! A real rural beauty completely finished in red, green & blue cotton print with thermal polyester filling. Measures a big 66″ x 78″ to fit either single or double bed. Perfect for home, camping, cabin.

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White Ceramic Tile used as a wall plaque or trivet. Cork base with hanger. 6″ x 6″.

**CLOCK OF LIFE TILE**

**$3.98** Plus 60¢ Post. & Hdlg. Each

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Sweatshirt ..... $6.95
T-shirt ..... $4.95

Write for FREE catalog of gifts

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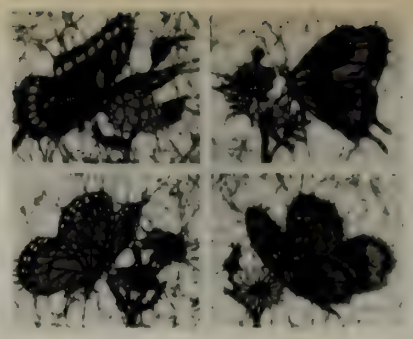

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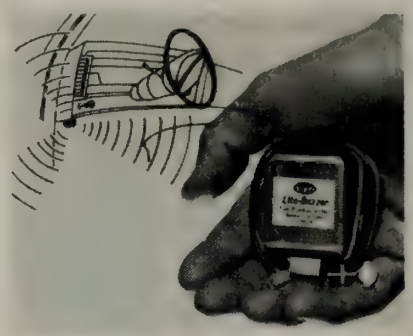
### Batik prints

Butterflies with wings unfurled in full color printed on finely grained art paper. Ideal to hang in child's room, kitchen, den etc. Each one is different. 9″ x 12″ Set of 4/$1 + 35¢ post. Cadlyn's, BH2, 2077 New York Ave., Huntington Sta., NY 11746.



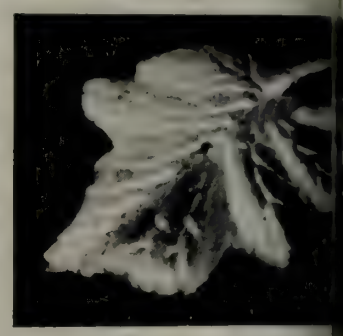
### Blue denim? Guess ag

Triple Saddle Bag has the be blue denim in sturdy vinyl; with a damp cloth. 9″x 10 three big separate compart Adjustable strap, safety lock. ppd. Texan Handbag Co., De 2, Box 3073, Abilene, TX 79



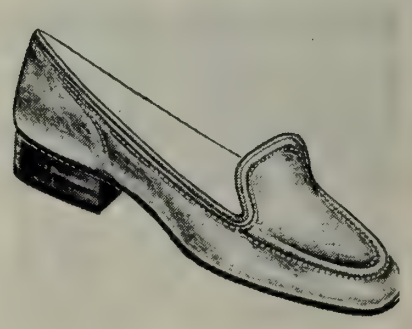
### Lite Buzzer—all metal

No more dead batteries as a result of leaving headlights on. Buzzer a reminder when headlights are on and ignition off. 1¼″x2″x1″ (fits under dash). Order Style Q-225, $4.95 ppd. Spear Eng., Box 7025, Dept. 3003, Colorado Springs, CO 80933.



### Cleans silver fast

Magic Silver Leaf goes in dishpan or sink and safely your silver as you wash dish rubbing, no boiling; lasts time. $3.98 + 40¢ post. A Ent., Dept. BHG-25, 556 M San Francisco, CA 94105.



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Leather uppers, cushioned insoles, low heels; for casual clothes. Camel, Blk., Wht. or Gold, N, M, or W widths. Sizes 4-12; order "Polly", $13.95 + $1 post. sizes over 10, $1 extra. Sofwear Shoes, Dept. BH-2, 1711 Main, Houston, TX 77002.



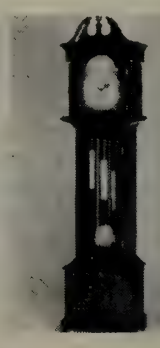

### Owl thermometer

Know the correct temperature bo-size thermometer, 12″; bi numerals can be seen at a di Enclosed with glass crystal in num case; weatherproof. $ $1 post. Holiday Gifts, Dept. Wheat Ridge, CO 80033.



### Indian-head penny rings

Coins in brass settings, electroplated. Hers, an airy twisted setting, his, boldly textured. #3170 Hers/$6.98 sizes 5-8; #3169 His/$6.98 sizes 8-12, both/$12.50 + 45¢ post. Lillian Vernon, Dept. H2E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



### Grandfather clock kit

Create a family heirloom; schel name means 85 years ity. Solid ¾″ walnut cabinet brass movements. Complet Brochure free. Hentschel Clo Dept. 616-FA, 16 Atlantic A Dennis, Mass. 02660.



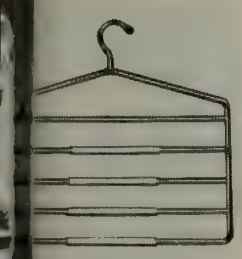
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We would like to send you the first set of 24 cards (OUR RICH HERITAGE), along with the gift Bicentennial Recipe Card Case and free Separator Cards. If you decide to keep OUR RICH HERITAGE, you will be billed just $1, plus a small charge for postage and handling. You will then be enrolled as a subscriber to McCall's Great American Recipe Card Collection. As a subscriber you will have the opportunity to receive the second set (OUR FAMOUS RESTAURANTS) and the third set (SUNDAYS AT HOME), each about a month apart — always on 14-day approval. Then, if you wish, you may continue to receive the remainder of the sets at the rate of 3 sets a month for 7 months. You will never pay more than the same low price of $1 per set, plus postage, handling, and local tax, if any. You will always be informed of shipments in advance, and may cancel the arrangement at any time without obligation. You will never be billed in advance, but will pay only for the sets you receive and wish to keep.

If you do not wish to keep OUR RICH HERITAGE, simply return the cards to us within 14 days and owe nothing. The recipe card case and the Separator Cards are yours to keep as our gift.

**START BUILDING YOUR COLLECTION TODAY!**

McCALL'S
RECIPE CARD COLLECTION
P.O. Box 1776, Indianapolis, Ind. 46291

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Please send me the introductory recipe card offer as described in this ad. I understand that upon acceptance the exclusive Bicentennial Recipe Card Case and the Separator Cards are mine to keep as a gift, and that I am under no obligation to purchase any recipe cards.

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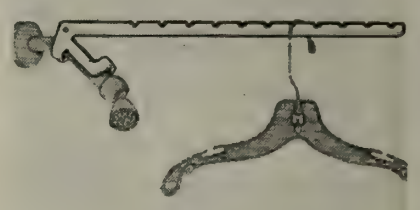
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### Comfortable sandal

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Convenient and space-saving dryer fits all shower heads. Fits in any suitcase. Of solid steel with white rustproof vinyl finish. Holds 11 hangers. $3.23 ea., 2/$5.75 + 25¢ post. American Century, Dept. 326, Box 36232, Los Angeles, CA 90036.



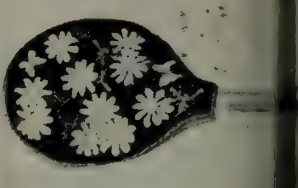

### For mother on her da...

Beautifully hand-enamel... and green on a snowy w... ground, glinted with golden... Of solid brass and gold fi... lector's item, #4449 $1.98 ... Lillian Vernon, Dept. H2... Fulton Ave., Mt. Vernon, ...



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A touch of Americana by your fireplace. In flameproof cotton duck, half-moon shape and black with a handsome bright gold American eagle. 22" x 44" $8.95 + 50¢ post.. Holiday Gifts, Dept. 402-P, Wheat Ridge, CO 80033.



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# AMERICA'S "TOP 5" SHADE TREES SHIPPED AT 5 TO 7 FEET

LESS THAN $2.00 each IN LOTS OF 16

PLUS OUR FANTASTIC .50¢ BONUS OFFER!

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**SUGAR MAPLE** (acer saccharum)
The largest of all maples, and its beautiful array of yellow and orange hues make it a sight to remember due to the foliage thickness — A very hardy northern and southern tree and will grow up to 60 feet. (shipped at 5 to 7 feet).



**E. WHITE BIRCH** (betula verrucosa)
This beautiful tree has very delicate foliage with snowy white bark, and a compact form —It can be seen growing in all different climates and the multi-trunk (clump) effect can be obtained by planting two or more trees next to one another. It is also a rapid grower. (shipped at 5 to 7 feet).



**RED MAPLE**
(acer rubrum)
This is one of the most beautiful of all shade trees. Besides having brilliant scarlet red leaves in the fall of the year, it has another excellent trait — it is an extremely fast grower. It is very easily transplanted and many experts agree it will grow practically anywhere in the U.S.A. Grows to 60 feet. (shipped at 5 to 7 feet).



**WEEPING WILLOW** (salix babylonica) This tree is the hardiest of all willows, and has clear golden yellow and green leaves, the leaves appear early in Spring and one of the last trees to lose its leaves. A "super fast" growing tree at the rate of 5 to 6 feet per year. An excellent buy. (shipped at 5 to 7 ft.).



**TULIP TREE** (lirodendron tulipfera)
This fast growing tree reaches heights of 80 feet or more. It also resembles the magnolia and is a hardy tree for all areas. (shipped at 5 to 7 ft.)

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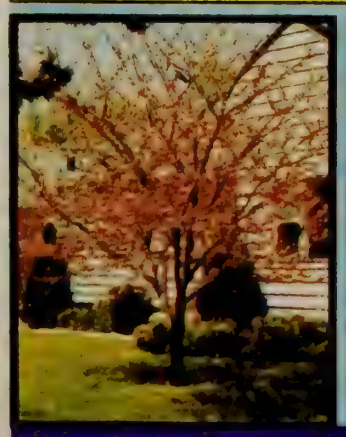
1. All shade trees regardless of the number ordered will be 5 to 7 feet, and all bonus trees will be 4 to 6 feet. All Shipping Paid.
2. Trees advertised in your area will live in your area.
3. **All trees** are guaranteed to live and if by mere chance any fail to live they will be replaced free of charge for three years.

## BONUS TREE OFFER

You may purchase up to as many bonus trees as you do shade trees — for example if you purchase 4 shade trees you may order either 1-2-3 or 4 bonus trees or none. Each bonus tree costs only .50¢ each in any combination. All bonus tree orders must be placed at the same time as the shade tree order.

## FANTASTIC .50c BONUS TREES

## ALL BONUS TREES SHIPPED AT 4 TO 6 FEET





**RED BUD**
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This beautiful flowering tree is native to both the north and south and thereby extremely hardy. It blooms at the same time as the dogwoods and its gorgeous pink flowers form a lovely combination with the dogwoods. Grows to 25 feet (shipped at 4 to 6 feet).

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(cornus florida)
This beautiful flowering tree has large white blossoms and can be seen in all parts of the country. Its foliage is attractive all summer and has beautiful fall colors as the red berries hang on most of the winter. Grows to 25 feet (shipped at 4 to 6 feet).

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| ☐ | 8 | SHADE TREES or any Combination | $22.98 |
| ☐ | 16 | SHADE TREES or any Combination | $31.98 |

| NO. | SHADE TREES |
|---|---|
| _____ | Sugar Maple |
| _____ | White Birch |
| _____ | Red Maple |
| _____ | W. Willow |
| _____ | Tulip Tree |

| NO. | BONUS TREES |
|---|---|
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ADD SALES TAX WHERE APPLICABLE $_____

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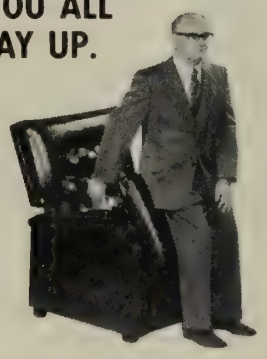
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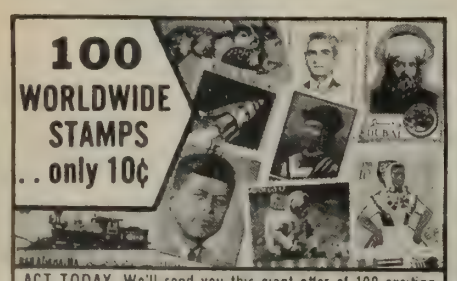
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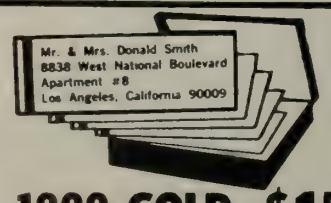
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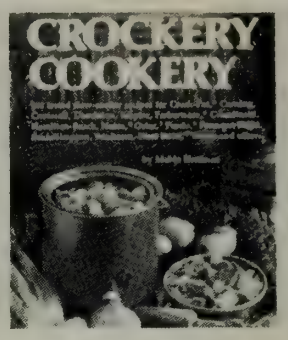
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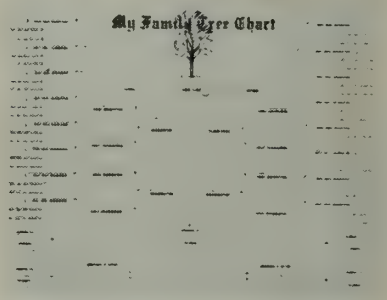
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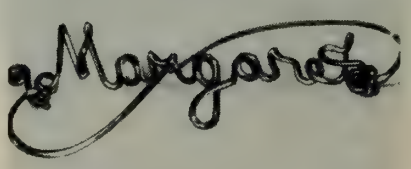

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with its little weather people and elf-small price?

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"Such time it keeps, too! Good like mine grandpapa's."

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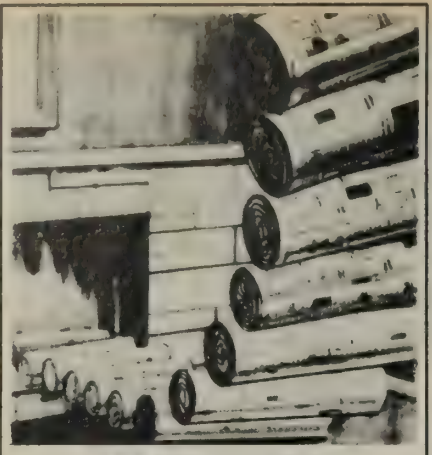
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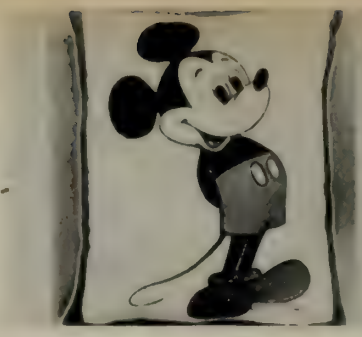
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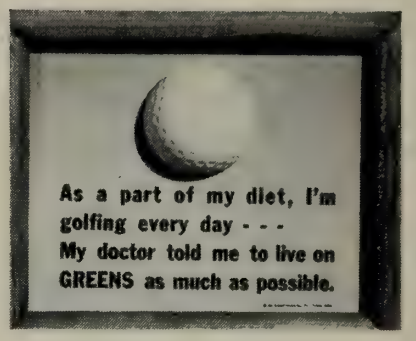
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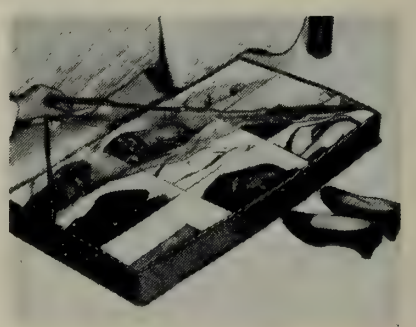
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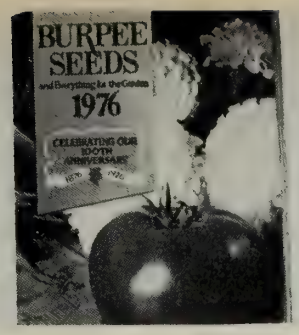



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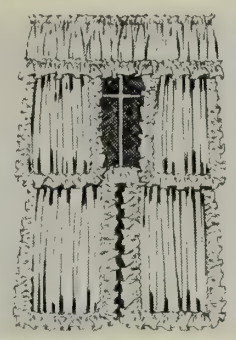
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ew 184 page 1976 Garden
yours free. It is a compre-
anting and growing guide,
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rubs, trees and garden
ideas from Burpee's horti-
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frames all three sides; in
Wht., 50% polyester, 50%
0" W. pr. 24", 30", 36" (no
s) $7. 45", 54" (incl. tie-
$9.50. 63", 72" (incl. tie-
11.50. Ext. ties $1, Val. $3.
50 post. Cat. free. Colonial
urtains, Dept. BH2, Lawn
maroneck Village, NY 10543.



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ou'll enjoy having a coffee
ight in the car! Don't waste
pping; commuting mug has
roof cover with an opening
ing. Fits into an outer cup
neres to the dashboard. 3¾"
3.25 ppd. 2/$6. Bruce Bolind,
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andy kit is invaluable when-
lasses come apart, at home,
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ct; carry it in your pocket. In-
a professional optical screw-
& assortment of frame screws
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rancisco, California 94105.



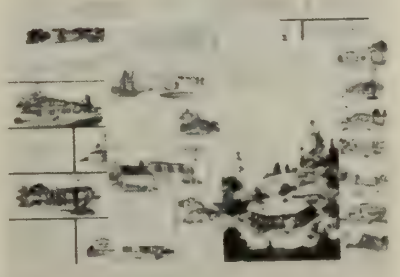
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gh to hold pots, pans and hang-
lants. In flat black, Sml. 17",
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, Dept. BHE62, 16310 Grand
r, Detroit, MI 48227.



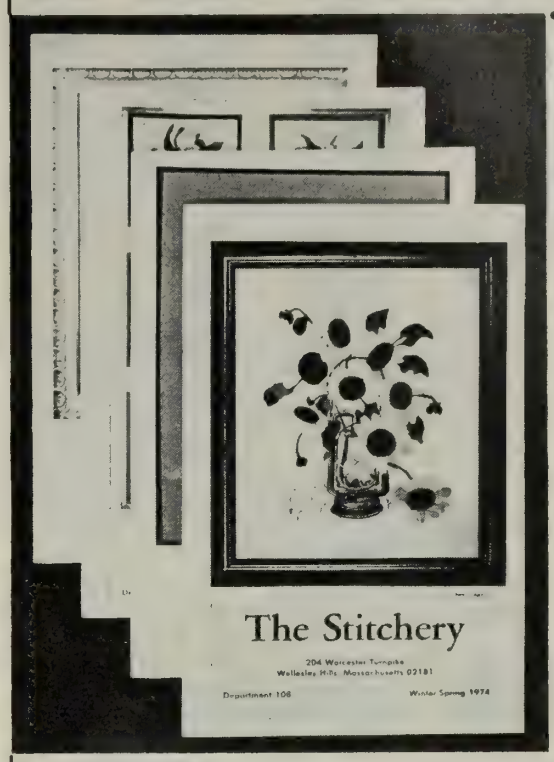
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's your eyesight? You'll wonder
n you try to decipher the char-
ers on this unique towel. Printed
lack on 100% natural linen, 23"
17½" W. It's really an authentic
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16.95 + 50¢ post. one, 15¢ each
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nd 02891.



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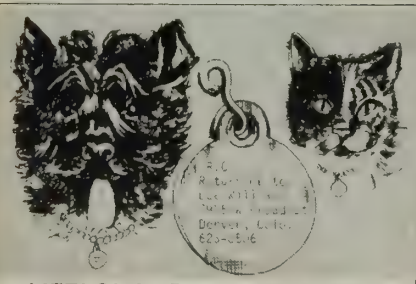
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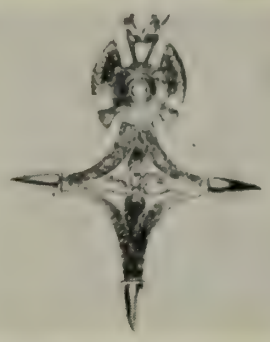
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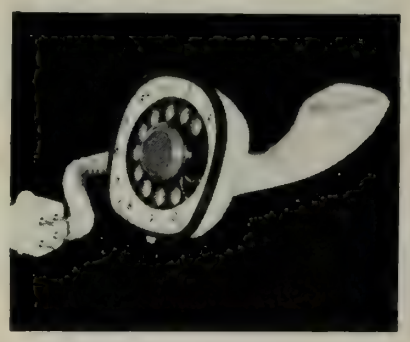
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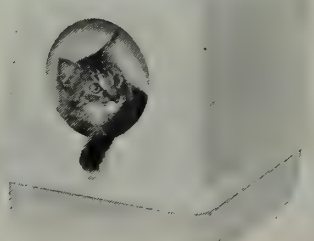
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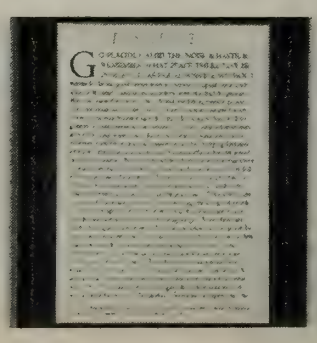
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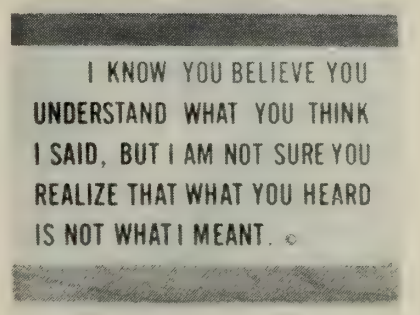
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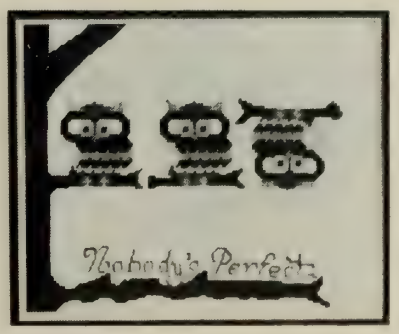

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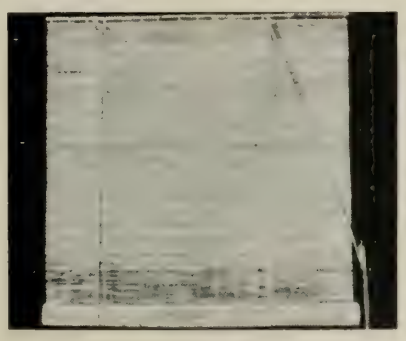

### ...body's perfect

... love this delightful needle... ...icture. The kit includes de... ...and-painted on 13" x 15" ...terlock canvas with 12 mesh ...ch, Persian yarns in yellow, ... greens and white, needle ...rections. Finished size: 10" x ...17.95 $1 post. The Stitchery, ..., Wellesley Hills, Mass. 02181.



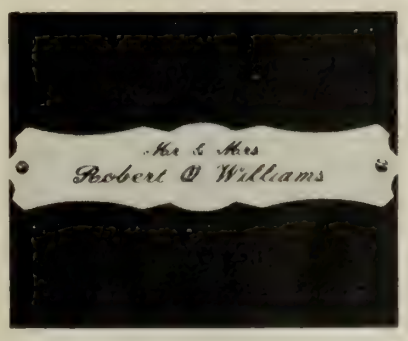

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- **So much meaty goodness from so little space. Just a single windowsill in your home rewards you with baskets of delicious tomatoes . . . all year 'round starting this very fall or winter!**

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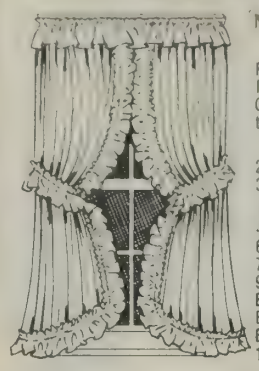
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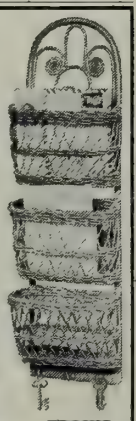
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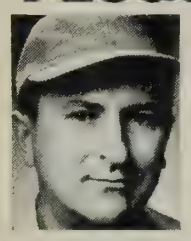



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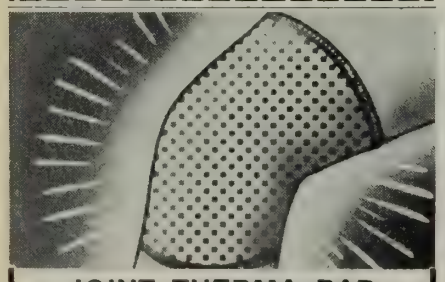
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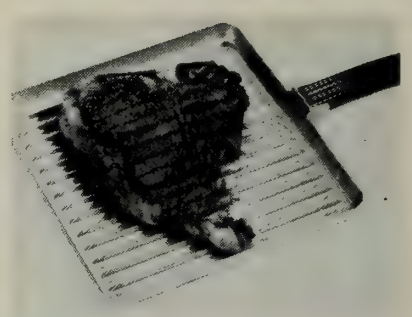

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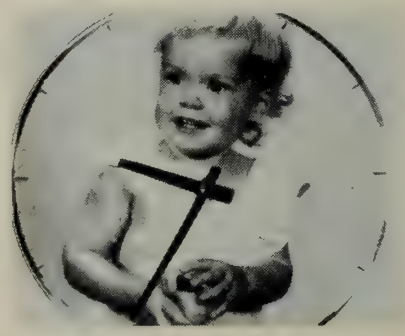
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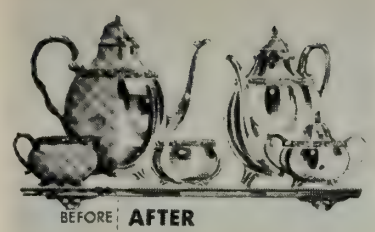


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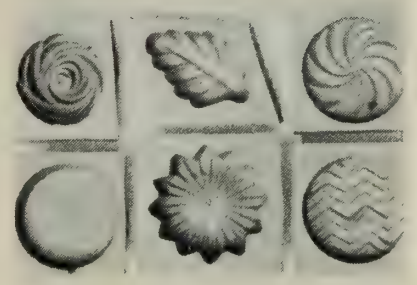

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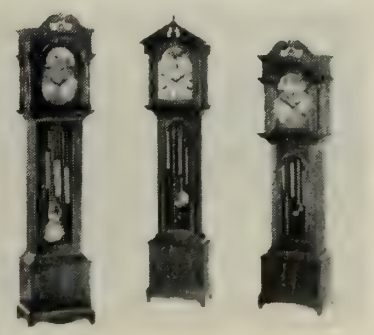
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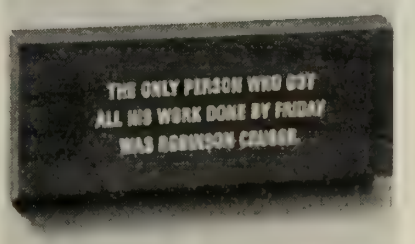
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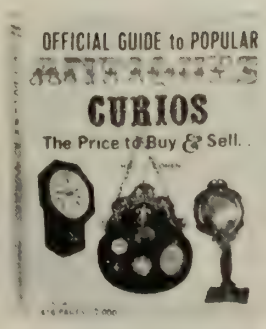
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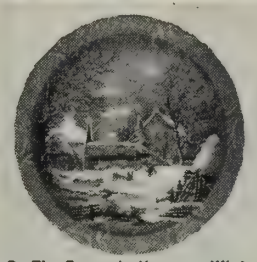

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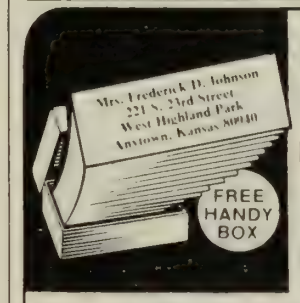
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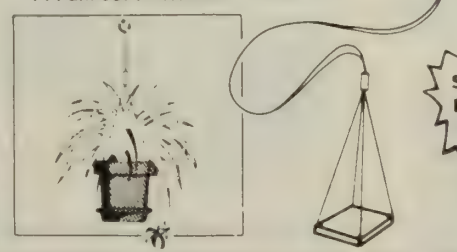
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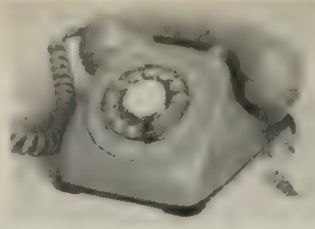
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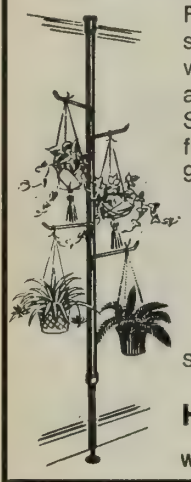
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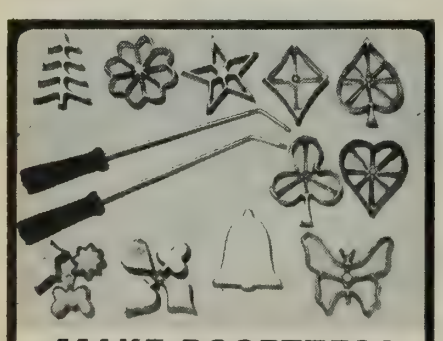
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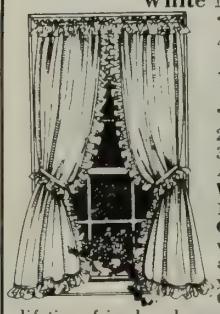



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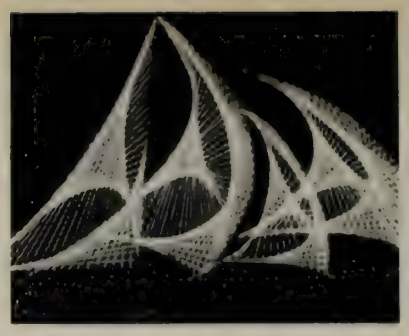
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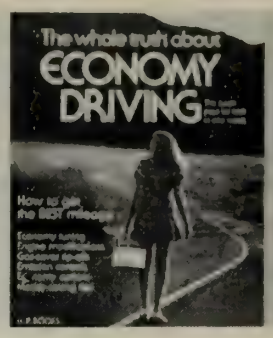
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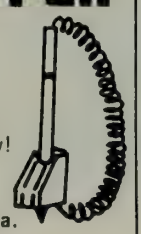


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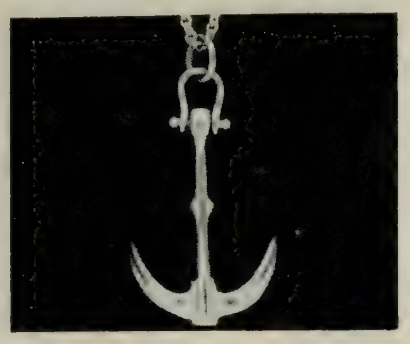
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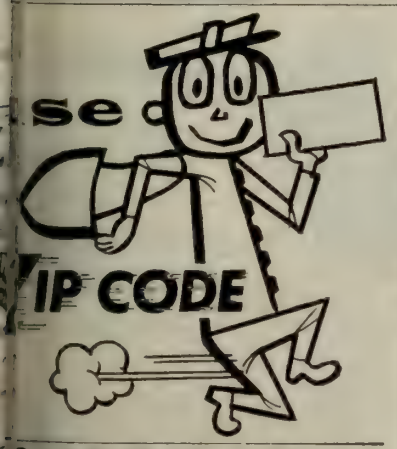


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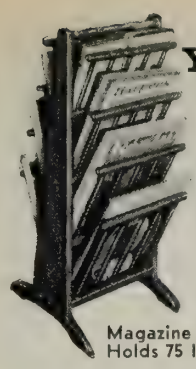


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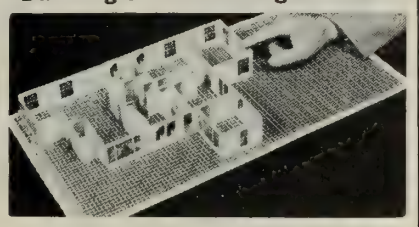
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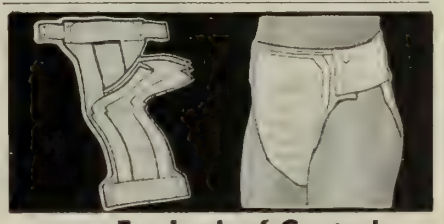
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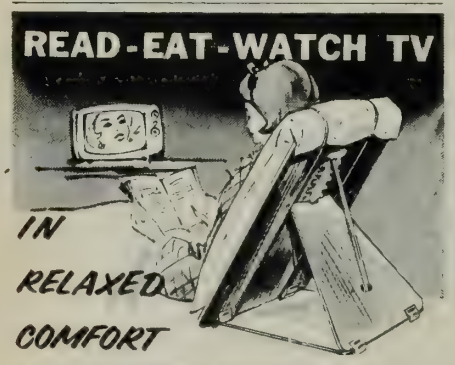

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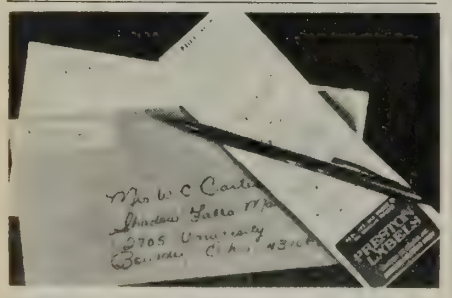



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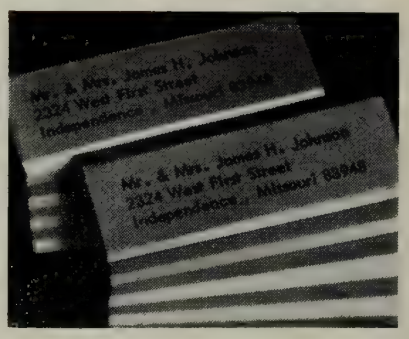

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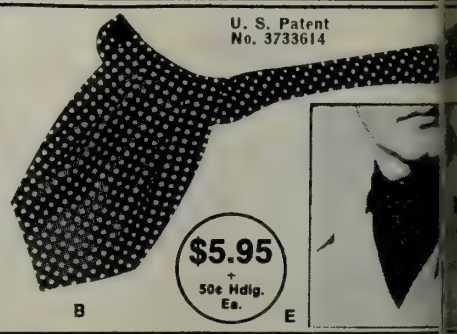
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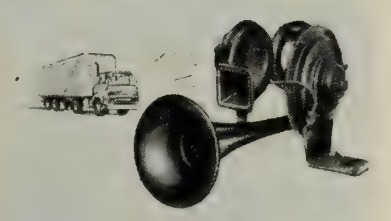
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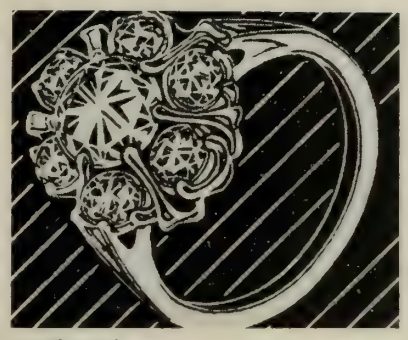
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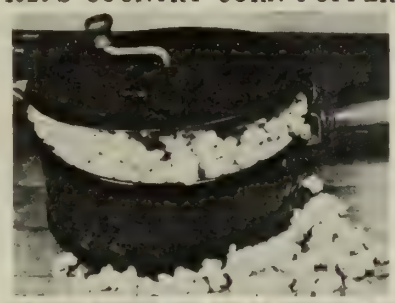
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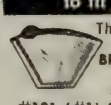
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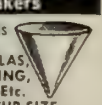
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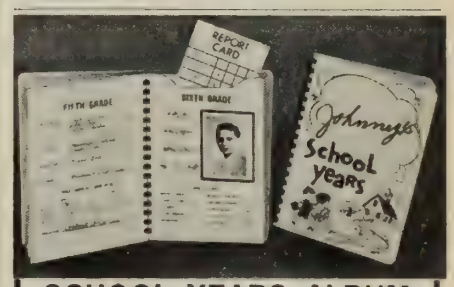


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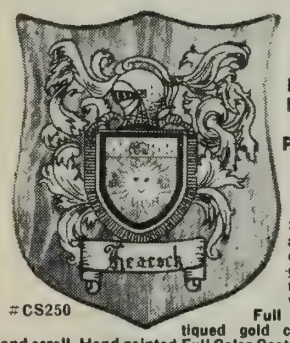
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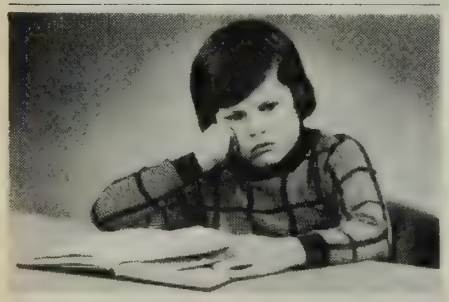
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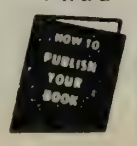
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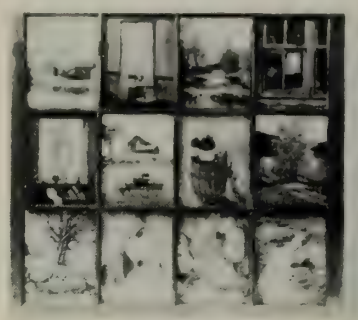

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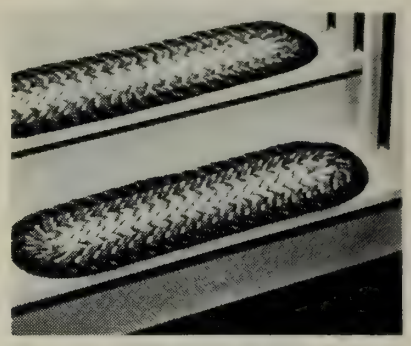
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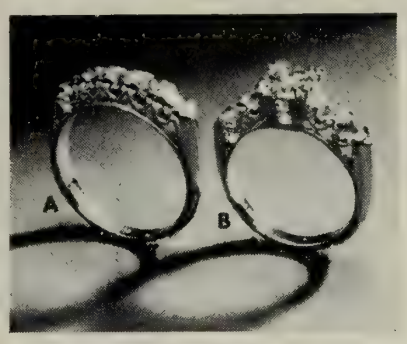
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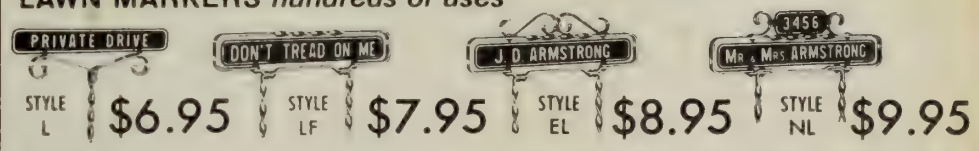



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---

In reply to her mother's request for more details about her new romance, Rosemary writes that about all she knows is that he is a cute Capricorn.

---

I am impressed by those personalities who announce a party for 3,000 of their "closest friends." Taking the term literally, most of us would be about 2,995 short.

---

The winter-vacationing Normans write that the natives tell Bill the fishing was better a week earlier and Ethel that the shopping was much better then, too.

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The best way to meet people when you move into a new neighborhood is to let the word get around that you have a cable for jump-starting stalled cars.

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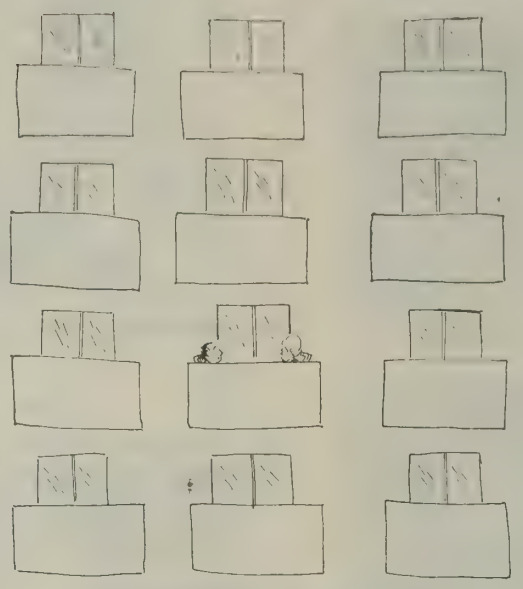
This is a Leap Year, but as 11-year-old Judy comments, what do you do with an extra day in February?

---

According to human age equivalency, our senior cat Simone is 91 years old. Wouldn't you think that she'd have reached the age where clawing up the living-room upholstery was beneath her dignity?

---

So many politicians are talking about turning this country around that it's hard to remember, from day to day, in which direction we're headed.



*"Do you know what I feel like? I feel like a purple martin."*

---

Christine finds these shut-in winter days ideal for meditation, particularly while she's watching the clothes going around and around in the washer.

---

Judy actually is fond of February. She likes to say the word for the same reason she likes to say "library"—because it took her so long to learn to get the first "r" in.

---

Burt, Jr., who makes his spending money shoveling the stuff, is the only person I know who likes snow as much as a ski resort owner does.

---

Rosemary soon will be home during the semester break. Meanwhile, she writes, studying for her exams has left her at least four rock groups behind in current events.



*". . . then I add chopped onions and let it simmer for about 30 miles . . ."*

Nobody ends up looking sillier than the man who insists he is going to treat his first grandchild just like any other baby.

---

A report by a management consultant says that meetings are the average business's biggest waste of time. I wouldn't mention that at the office, though, because they'd call a meeting to discuss it.

---

It's not too early to put in bids for summer jobs, and Rosemary can't understand why I won't promise her a spot in my office. So I explained to her how nepotism isn't a good practice. "Not even in your own family?" she persists.

---

Fred Wilson is worried about his new doctor who went to a university that has one of the nation's most publicized football teams. He's not sure an institution that can afford such a football team can fund a decent medical school, too.

---

*The other day I was preparing to carry a chair from the first to the second floor. Don't ask me why; there is some sort of rule of housekeeping that the furniture must be periodically moved.*

*"Wait a minute, Dad," said Burt, Jr. "I'll do that. Remember your back."*

*It was thoughtful of him, particularly because he didn't add, "At your age."*

*But it seemed to me an unmistakable first sign. The children are going to begin coddling the old man, the start of the years of being told that something is too heavy, or too strenuous, for me.*

*The incident started me thinking of how, when we begin our lives as parents, we have to fight the urge to overprotect our children from the burdensome tasks and certain dangers that will come their way.*

*It was a fine line we tried to draw, between the sensible safeguarding of our children and wrapping them in figurative cotton wool. The hard lesson we had to learn was that the overprotected child may be ill-prepared for the jolts and responsibilities that lie ahead.*

*But it hadn't occurred to me that there is another face to the coin. Youngsters also must learn to draw a similar line between being concerned about their parents' physical welfare and overprotecting them.*

*Of course, it was nice of my son, and it's good that Christine has a magic way of rubbing my back to relieve the soreness.*

*No matter how slight.*

Burton Hillis

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Report from Philip Morris

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The open classroom Montessori schools Non-graded classes Free schools The mini-school Multicultural or Bilingual classes

# A PARENT'S GUIDE TO WHAT'S HAPPENING IN EDUCATION

Once upon a time all school classrooms looked alike. Students sat at desks arranged in straight rows while the teacher stood before a blackboard and talked. Visit a school today, however, and you may scarcely recognize the place. Modern education often goes on in an array of atmospheres ranging from the very formal to the highly informal—and often under the same roof.

The idea that individual children learn in individual ways has finally been accepted and is bearing fruit. In the past ten years, schools have adopted myriad ways to deal with those differences—free schools, open classrooms, non-graded classes, fundamental instruction.

According to Dr. Daniel Burke, director of the International Consortium for Options in Education, headquartered at Indiana University, more than 7,500 communities now have at least one "alternative school." The student and his parents are free to choose which he is to attend.

According to Dr. Mario Fantini, dean of the school of education at the State University of New York (SUNY) at New Paltz, and a recognized authority on the alternative education movement, all the techniques both old and new have achieved good education—for some children. "The lesson of recent years is that no one way is right for everyone," Dr. Fantini says. "It may not even be the best for the same child at different times in his life."

Dr. Fantini believes that the trend toward educational diversification will continue, and that it will increasingly fall to parents to select the school which best fits their own educational goals and their child's particular learning style.

How can parents make these decisions? Here, as a beginning, is a primer explaining the most common contemporary classroom types, and suggesting which type of child does best in each.

**THE OPEN CLASSROOM starts with the idea that school children vary widely in their interests, learning ability, and attention span, just as adults do.** Twenty-five first-graders cannot be expected to concentrate on the same activity for the same length of time with the same results, it's reasoned. Accordingly, the classroom is decentralized around a number of "interest centers," which appeal to different tastes and stimulate different imaginations. Children are free to move from the "science corner" to the "reading nook" to the "housekeeping area" and stay as long as they wish. As their interest wanes or they see classmates engrossed in another activity, they will move.

Open education also holds that learning is most lasting and meaningful when students discover answers for themselves, motivated by a desire to know. They are less often "given" information than encouraged to discover it on their own. Ordinary activities are turned into learning experiences. Baking cookies, for instance, can be seen as an exercise in academic skills since the student must read the instructions and figure the ingredients.

To visitors, the open classroom often seems chaotic and undisciplined, but advocates say there is a definite structure not readily apparent to the untrained eye. The teacher remains in firm control because she chooses the materials for the interest centers, uses her discretion about when they should be available, answers questions and guides the discussion that flows from them. In short, the teacher's role is that of a manager of learning activities.

Some children do not benefit from the open atmosphere, however. The shy and withdrawn, the easily distracted, and the methodical youngsters needing order and direction are less successful here than the more energetic and independent contemporaries who enjoy being on their own.

**FUNDAMENTAL SCHOOLS stress the traditional three R's curriculum and also maintain an atmosphere of discipline, order, and respect.** The guiding philosophy here is that learning is work, not play, and that children learn best when they know precisely what is expected of them and have recognized standards to go by. Students are expected to progress at the same pace, and those who can't keep up are required to repeat the work.

Competition for grades and achievement is prized. Studies follow a definite schedule, and instruction is primarily by lecture, not independent study or discussion. Some schools even go so far as to enforce dress codes, hair codes, and hair-length regulations and to employ corporal punishment, but this rigidity is discouraged by many advocates.

Fundamental schools are criticized for treating all children of the same age alike, regardless of ability, and for generating an atmosphere of pressure. The emphasis on grades is said to stigmatize slower students and give them a self-image of failure.

Defenders point to achievement tests that indicate high scores for children taught by this method. For students who are inspired to learn, for those who thrive on competition or prefer discipline and strict authority—and for parents of students who value these concepts—fundamental education is a popular choice.

**continued**

## HOW TO FIND THE CLASSROOM THAT'S BEST FOR YOUR CHILD

Here are guidelines suggested by experts on alternative education:

- **Talk to the school principal and teacher about their educational approach.** Visit the school and see how learning goes on.
- **Analyze as objectively as you can your child's temperament, learning ability, and interests.** Is he or she orderly or mercurial, inquisitive or accepting, rambunctious or quiet? Is the child independent or dependent, active or passive? Does he follow or lead? Does he like to learn new things on his own, or wait to be told?
- **Examine your own values.** If, for example, you deeply cherish order and discipline and regard traditional learning highly, you will be more satisfied if your child gets basic instruction. If you believe in child self-expression, you may prefer open education.
- **If your child fails to respond well to one approach, don't chide or blame him or her.** Insist that the school transfer your child to another type of classroom which may better suit his learning style.
- **Don't be guided by others' experience, even that of siblings.** Traditionally, some types of children seem to do well in certain environments: the hyperactive child, for example, is said to respond best to structure; minority youngsters, to a classroom that features an authority figure.



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FAMILY FOOD IDEAS

**SEAFOOD BAKE**

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¼ pound mild white fish cooked and flaked (or use crab).
2 tablespoons minced onions.
2 tablespoons butter or margarine.
1 can (3 oz.) BinB Sliced Mushrooms, drained (save butter broth).
4 eggs, beaten.
¾ cup light cream.
½ teaspoon salt.
dash cayenne.
⅛ teaspoon tarragon crushed.
¼ teaspoon marjoram.
⅛ teaspoon pepper.
½ cup grated Swiss cheese.

Partially bake pie shell and let cool. Saute onion in butter until tender. Add all but 10 slices of mushrooms. Continue to saute until hot. Combine beaten eggs, light cream, mushroom broth, salt, tarragon, marjoram, cayenne and pepper. Fold in sauteed onions, mushrooms and flaked fish. Pour into pie shell. Sprinkle with cheese and bake 35 minutes in preheated 375° oven. (350° with glass baking dish). After 20 minutes top with extra mushrooms. When done, Bake will be puffed and brown. A knife inserted near the center will come out clean. Let stand 5 minutes before cutting. Garnish with paprika. Serves six.




THE BUTTER MUSHROOM


continued

## What's happening in education

In a way, fundamental schools might be called extreme examples of a much broader back-to-basics educational trend taking place across the country. Yet even open classrooms can meet all of the criteria of basic education (required subjects for all students, clear standards, academic achievement as the basic purpose of schooling).

**NON-GRADED CLASSES are often combined with open education; they are based on the recognition that individual differences may be as great within age groups as between age groups.** Not all six-year-olds, it's reasoned, are ready to read at the same time or learn at the same rate. The customary grade levels are therefore abolished, and children of like ability study together, regardless of chronological age. A beginning reading group may include fast five-year-olds and slower eight-year-olds, sitting side by side. A child's progress is measured by his own potential, and not that of his classmates.

Non-graded schools are most common at the primary level. The professed advantage of non-graded classes is that students advance at a continuous pace, neither delayed by the slower members of the group nor stigmatized because they lag behind. Critics reply that grade levels and promotions themselves spur children to work harder and strive to achieve, and that competition itself is a fact of life and a valuable goal.

**FREE SCHOOLS originated with Britain's famous Summerhill, where students were allowed to sit down with their teachers and decide their own education.** Although most free schools in the U.S. are privately operated, about four percent of alternative schools in this country are patterned after Summerhill, according to Dr. Burke. Most of these are at the high school level.

Free-school students and teachers not only plan their daily lessons, but have the option of doing nothing if they so desire. (Conversely, they may hold classes that continue all night.) There is no established curriculum, and there are no formal classes or lectures. Critics say that such total freedom is too much for teen-age students, who have neither the maturity nor the experience to decide their own education. Advocates, however, say students learn b work harder, and retain le longer when given a choic their own schooling. Summe was most successful with stu who had been turned off by t structured environments: tive, nonconformist, and r lious types seem to do be this loosely structured syste

"Free school" also is s times used as shorthand "freedom school," designati nonpublic alternative instit established to teach a parti ethnic or racial heritage. founded by counter-culture lowers who see the public sc as tools of the establishment number of "freedom sch seems to be slowly dwind virtually all are outside the lic system.

**MULTICULTURAL OR LINGUAL CLASSES are fo primarily in metropolitan a with a large minority pop tion speaking a different guage, usually Spanish.** objective of the schools, ac ing to Dr. Fantini, is to "l matize" the minority cultur giving it status in the school stead of following the old " ing pot" philosophy which tempted to convert all stu into uniform Americans.

Instruction may be give both English and Spanish; nority customs are observed discussed; teachers, admini tors, and even the board of cation may be drawn from minority community. Propon declare that bilingual instru enriches the lives of the maj as well as the minority. Bec the U.S. is a pluralistic socie is contended, children shoul prepared to understand al pects of it.

**BEHAVIORIST SCHO are based on the researc Harvard psychologist B Skinner, who contends humans learn when they "reinforced" each time discover a correct ans** Skinnerian teaching usu means that the teacher e lishes an objective, then rew the student for each succe step taken toward the goal. E are not corrected nor comme upon; the student continues until he succeeds and earn reward.

The theory is that the stu will remember the succe answer and repeat it in the ture. Rewards may be tangib a gold star, for example merely an encouraging w sometimes candy is given points accumulated towar prize. Some people criticize

**continued**

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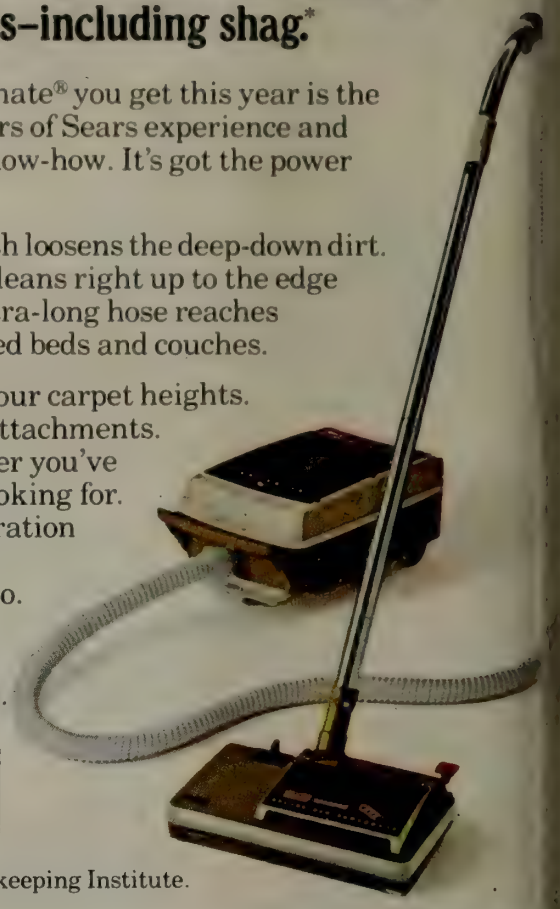



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*Cleaning results witnessed by Good Housekeeping Institute.


continued

## What's happening in education

havior modification for manipulating the children, but defenders say the method succeeds with students who have hard-core learning problems that have not been solved by any other means.

**MONTESSORI SCHOOLS were originated in Italy by Maria Montessori.** In the U.S., as in other parts of the world, "Montessori" is considered a generic term. Such schools are independently owned and operated, and there may be considerable variation in the fidelity to Montessori in the curriculum and attitude, as well as in the training of the teachers.

Although still sparse and spotty, a movement is growing to incorporate Montessori strategies into public schools. Mostly this has been done on the preschool and/or kindergarten level, but the first public elementary Montessori school was opened in Cincinnati last September.

Like open classrooms, Montessori techniques stress learning by experience at decentralized interest centers, but in a more systematic, structured way. Special teaching materials designed by Dr. Montessori are used, and the lesson plan is more orderly in progression.

**THE SELF-CONTAINED CLASSROOM is still the most common form of education, and it has evolved to a point that today it's neither highly formal nor informal.** It's more in between, with much more flexibility than the highly regimented classroom of the past. In fact, innovations of recent years have affected the standard self-contained classroom greatly. Today the children within it are usually in small groups, the teacher moves from one group to another, the seats are movable, and the children engage in various projects. The self-contained classroom is linked to an age-graded structure. Five- and six-year-olds are in kindergarten, for example, and six-, seven-, and eight-year-olds are in first grade.

**INTERDISCIPLINARY EDUCATION removes the arbitrary division of knowledge at the high school level into subject-matter areas, such as English, history, and science, and approaches learning on a broader footing.** The customary practice is to assign a class or group a problem, and direct the class to follow the investigation wherever it leads. Since problems in "real life" are seldom limited to one learning discipline, the technique is held to be better preparation for the outside world.

Students usually work in small groups, aided by a teacher who is a "generalist" rather than a subject-matter specialist. The objective of the interdisciplinary approach is to spotlight the unifying themes in human knowledge; the successful student must be a resourceful individual who can see beyond the concrete facts and think in nontraditional ways.

**THE MINI-SCHOOL or SCHOOL-WITHIN-A-SCHOOL allows several options to function in one system, usually a high school.** Typically, a 1,200-student high school could be divided into four 300-student schools, each with its own student body, faculty, administration, and philosophy. Although this organization may resemble the more traditional academic, general, and vocational "tracks," advocates contend that the mini-school does away with labels, while enabling each school to c erate according to student ne

Quincy, Illinois, has five mi schools on one campus—an ac demic high school, a fine and p forming arts school, a gene program, an independent-stu project, and a magnet school sp cializing in computer scienc health care, and science. Stude and teachers choose their ov assignments.

**SCHOOLS WITHOUT WAL operate on the principle th learning isn't confined classrooms, but goes everywhere.** A good educatio program therefore should ca talize on learning opportunit in the community. To get on-th job instruction, students in school without walls often spe several days (or parts of day off campus, perhaps working an office, factory, or institutio This practical knowledge is th backed up by school classes a study which tie into the work e perience. A student who wo in an advertising agency, for e ample, may be given special signments in English, economi and other related fields. This s of approach to learning appe particularly to career-orient youngsters and to those who a

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**IET SCHOOLS usual-
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*in cooperation with
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53 DM 53




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FAMILY DINNER CHICKEN SOUP
2½ pounds chicken pieces
1 onion, chopped
3 potatoes, peeled and diced
4 carrots, sliced
2 stalks celery, sliced
3 tablespoons KIKKOMAN soy sauce
1 teaspoon TABASCO pepper sauce
1 teaspoon salt
Water to cover, about 3½ cups

**1926 METHOD:** Combine all ingredients in large kettle. Cover and cook over low heat 2-3 hours. Stir occasionally. Add water if necessary. Before serving, remove bones. Serves 6-8.

**1976 METHOD:** Combine all ingredients in slow electric cooker. Cover and cook on "low" 10-12 hours. Before serving, remove bones. Serves 6-8.



TABASCO

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# Corned beef entrees



Photographs: Dieter

**LAYERED CORNED BEEF BAKE**

*Corned beef slices are layered between potatoes and cabbage in a tangy mustard sauce—*

- **4 medium potatoes, pared and sliced ¼ inch thick (4 cups)**
- **4 cups coarsely shredded cabbage**
- **3 tablespoons butter or margarine**
- **2 tablespoons all-purpose flour**
- **¼ teaspoon salt**
- **1¼ cups milk**
- **2 tablespoons Dijon-style mustard**
- **1 12-ounce can corned beef, chilled and sliced**

Cook potato slices, covered, in large amount of boiling salted water till nearly tender, about 15 minutes. Add shredded cabbage; cook 5 minutes more. Drain; set aside. Meanwhile, in saucepan, melt butter or margarine; blend in flour and salt. Add milk all at once. Cook and stir till thickened and bubbly. Remove from heat; stir in mustard. Add the drained vegetables. Turn *half* the vegetable mixture into a 2-quart casserole; top with corned beef slices. Spoon remaining vegetable mixture over all. Cover and bake in 350° oven for 25 to 30 minutes or till heated through. Sprinkle with paprika, if desired. Makes 6 servings.

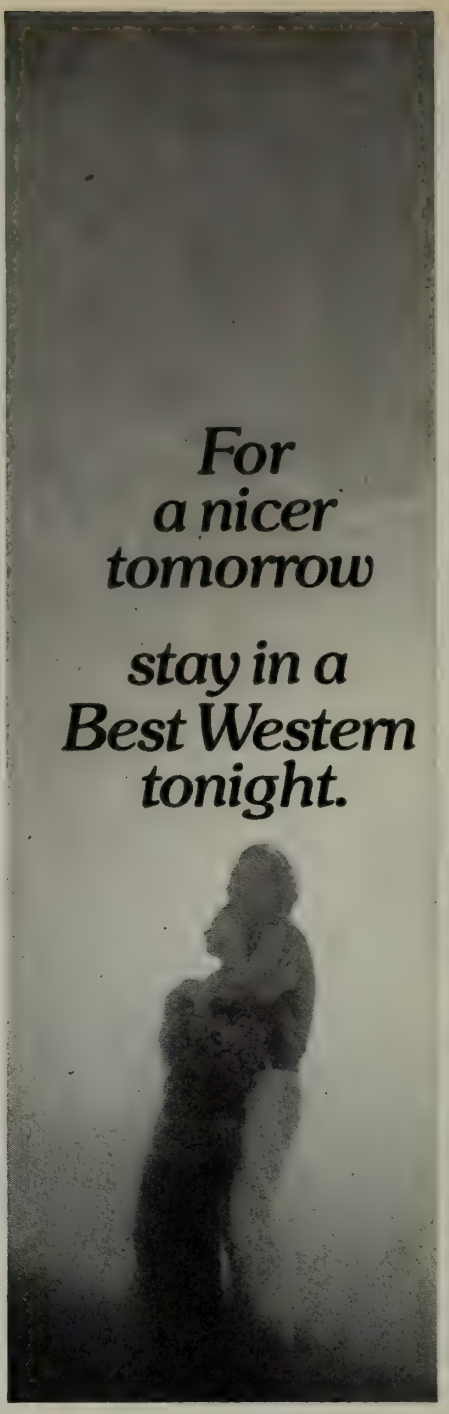


**CORNED BEEF MACARONI PIE**

*A moist corned beef mixture forms the "shell" for this cheesy macaroni main dish—*

- **1 beaten egg**
- **1 12-ounce can corned beef, finely flaked**
- **¼ cup chopped onion**
- **½ teaspoon prepared mustard**
- **½ teaspoon prepared horseradish**
- **1 8-ounce can tomato sauce**
- **1 cup elbow macaroni**
- **¾ cup (3 ounces) shredded sharp process American ch**
- **1 beaten egg**
- **½ teaspoon dried basil, crus**
- **¾ cup soft bread crumbs (1 slice bread)**
- **1 tablespoon butter or margarine, melted**

Combine the first egg corned beef, onion, mu horseradish, and ¼ cup tomato sauce; mix well. Pres bottom and up sides of a pie plate forming a shel aside. Cook macaroni in b *unsalted* water till tender, 10 minutes; drain. Combine aroni, cheese, the remainir mato sauce, the second egg the basil. Turn into meat Toss bread crumbs with or margarine; sprinkle atop aroni mixture. Bake in 350 for 25 to 30 minutes or till ed through. Makes 6 servin


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Buying Information, p



**DUBLIN DILLISH**

*Place can of corned beef b in refrigerator for 2 or 3 the meat will hold its shap ter for slicing—*

- **1 30-ounce can corned beef brisket, chilled**
- **2 15-ounce cans small whol potatoes, drained**
- **1 10-ounce package frozen with pearl onions, partiall thawed**
- **½ teaspoon dried dillweed**

• • •

- **2 medium tomatoes, cut in wedges**

Remove gelatin from c beef; melt in 10-inch skille low heat. Measure ⅓ cup gelatin liquid and reserve card remaining. Slice c beef. Arrange meat, pot and peas with onions in Add dillweed to the re gelatin; pour over meat and tables. Cook, covered, ove dium heat for 6 to 8 minu till peas are tender. Add t mato wedges. Tilt skillet, liquid over meat and vege Cover and cook 5 minutes or till tomato wedges are through. Season to taste salt and pepper. Serve fror let. Makes 6 servings.

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BY JANICE TRIMBLE

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alle training has helped many women e their decorating skills. LaSalle could u do it, too. In your spare time at home. vious skills or experience are required. y don't *you* send for the booklet offered

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to be that only wealthy people em- interior decorators. That's no longer arge numbers of homemakers now rely services of decorators. They know that ator can provide beauty and individu- and can often save them money, too. work of a decorator is varied and inter- Her hours are often spent shopping for sual. In glamorous showrooms, antique nd galleries. Selecting whatever is love- unique . . . in fabrics, furniture and ries. Applying a "decorator's touch" to beautify a home, a suite of offices, a hotel or apartment lobby. Whatever the assignment, a decorator's work is enjoyable and rewarding.

Best of all, in addition to the satisfaction and feeling of accomplishment their work provides, decorators have many opportunities to meet interesting people. Clients and suppliers become friends.

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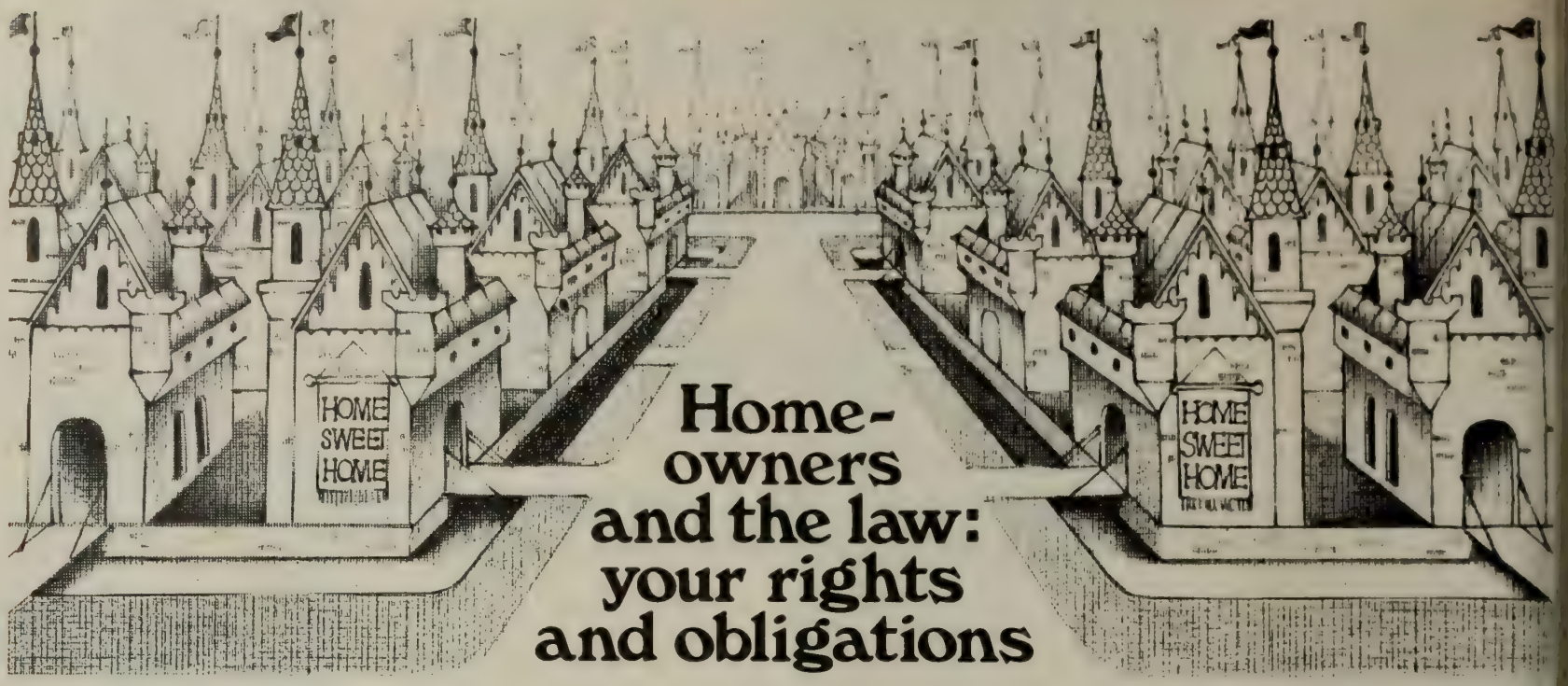
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# Home-owners and the law: your rights and obligations

**Castle or cottage, your home probably is your most precious possession, your haven from the world to do with as you wish. There are plenty of time-honored traditions and laws to back up those rights. But the same rights apply to your neighbors, too—and that places obligations on you. Your best protection is to learn the basic rules. Generally, your common sense will protect most of your rights. There's no need to gear up for a major battle whenev there is friction; usually a compromise can be worked ou But, you should cover yourself, too. Legal precedent ar specific facts can vary. If you have any doubts, get expe advice before you act. The following two articles give y some valuable guidelines about your rights of "Ownershi and "Privacy and Protection."**

## Ownership

● Suppose your house is by a lake, and for years you've allowed your neighbors to traipse through your yard to get to the water. Then you have a change of heart and tell them to stop. They refuse, pointing out that they've been cutting through there for a long time, and the previous owner had allowed them to do the same thing. Do you have any legal recourse?

● What happens if you're three months behind on your mortgage payments, and the bank warns you it may foreclose?

● Can you do anything if the government says you must give up your house to make way for a new superduper highway?

Under most circumstances, you have clear title to your home and land—presuming that claim was established through a title search when you bought. Still, your home or some of your land could be taken from you under certain conditions unless you take the proper steps first. Here are some typical situations and suggestions of how to protect your property.

**Mortgage foreclosure.** A mortgage is your pledge of your home to secure a loan. If you fall behind in your monthly payments, the lender is entitled to foreclose. Quite simply, he can sell your home in order to recover his money, though in most states you have the right to reacquire your foreclosed property by paying the mortgage and covering the foreclosure costs.

If the home is sold under foreclosure, you would get any cash left over after the loan is paid. (The court will oversee the transaction to protect your rights.) But if the sale proceeds are not enough, the mortgage holder could obtain a court order allowing him to sue you for the balance.

Fortunately, foreclosures on family homes don't happen often these days, even with the present financial crunch. Most lenders prefer to work out some arrangement with you rather than fore-

continued on page 18

## Privacy and Protection

● What if your neighbor's dog saves all his barking for t o'clock in the morning and robs you of sleep? What rights you have?

● Suppose the child next door hurts himself in your pool, ev though you have warned him repeatedly to stay away. His fath sues. Must you pay?

● What happens if you hear a burglar downstairs, grab a g and fatally shoot him? Are you within your rights?

The deed to your home promises you "the quiet enjoyment" your premises. But your freedom to do what you want with yo home and within your home sometimes is limited. After all, y face governmental restrictions designed to protect the commun from physical danger as well as criminal activity. You also ha some legal obligations to safeguard people when they are on yo property, sometimes even though they're uninvited. Still, yo basic rights to privacy and protection hold fast in general. A often you can take precautions to protect yourself against seric impingements on those rights.

**Zoning restrictions.** Most communities now have some ru about what you can build where, and for what purposes. Che these restrictions carefully before buying or building. You co discover, for example, that local zoning laws forbid running business out of your home. Or you may be prohibited from usi certain building materials, or building a guesthouse on your la

Generally, your recourse is to appeal to the local board fo variance, an exception to the rule. If you lose the first round, y can take your case to an appeal board. You may even get i the courts eventually—but they tend to side with zoners, owners.

Sometimes the law requires you to take out a *building per*

continued on page 22



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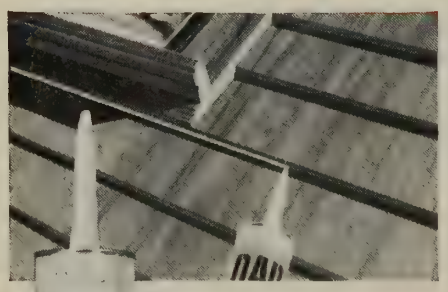
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begins on page 16

# Ownership

close. Your best protection is to keep up mortgage payments. But if you get into a jam, tell the lender right away and see if you can figure out a compromise about payments.

If you are having trouble because you have been out of a job, you could qualify for a government loan made possible under a recent congressional act. The law allows the government to pay up to $250 a month on your mortgage for as long as two years, to forestall foreclosure. You must pay back the money later on, though.

**Other debt claims.** A mortgage is a *lien*—a legal hold on your property designed to satisfy a debt if you cannot pay. Other kinds of liens can threaten your home, too, though to what degree depends on state law. In many places, for example, the family homestead is exempt from bankruptcy proceedings, as well as from debts in the settlement of an estate.

One slippery situation may occur when you have construction done on your house. Most states automatically impose a *mechanic's lien* on your property to ensure that workmen, contractors, and suppliers will be paid for their work and materials. If the bill isn't paid, they might actually begin procedures to sell your house in order to collect.

Some states are modifying this kind of lien on the home, but it is crucial to know your local laws. Usually such problems arise when a contractor has subcontracted part of the work and then does not pay up. You may not even be aware of the arrangements, yet suddenly you're hit with a lien. To protect yourself in advance, do not sign any work completion certificate until you get duplicate bills or other proof showing that the contractor has paid everyone who worked on the project. Or you might get all people involved to sign lien waivers before you pay the last bill.

One right you have when your home is used as security for a home improvement loan or contract is a three-day "remission" period to think things over. The contractor cannot begin work until after that cooling-off period, and you may cancel in the meantime—even though you've signed a contract. Don't let anyone bully you into thinking otherwise.

Mortgage foreclosures and mechanic's liens require that you be warned in advance when your property is about to be seized. Not so with tax liens, which can be slapped on your home when you haven't paid your property tax—even though you may never have received the bill. Your only real protection here is to pay your taxes on time and periodically check the city records to make sure you're up to date.

Most mortgages require that you keep taxes (and insurance) up to date—at the risk of defaulting on your mortgage otherwise. If you have a legitimate beef about taxes, make sure it goes on record. Also put the money aside in escrow. And take your case to the proper authorities right away.

**Judgment liens.** Designed to make sure you will pay up in case you lose a damage suit in court, this kind of lien supposedly prevents you from transferring title of the property to someone else until the judgment is cleared up—though actually it would only prevent your transferring a "clear" title. In other words, the title would be encumbered by the lien, and that fact probably would scare off a buyer.

Under a judgment lien, if you don't pay off your debt when you are supposed to, your home might be sold by the creditor to satisfy the debts. Most courts would be reluctant to let that happen to your homestead, however.

Suppose your adversaries think that you may try to skip out on the damage suit. In that case, they might petition the court to *attach* your home until a judgment lien is made. Assuming that the court goes along, an attachment would tie things up just as effectively as an actual judgment.

Judgment liens can affect your home even when you own it jointly and the judgment is against just one of you. If you feel particularly vulnerable—say, because of a sticky former marriage, or highly volatile business matters—consider transferring title to your home outright to your spouse now, before any kind of judgment threatens you.

**A spouse's rights.** Generally, mortgages on your home require the signatures of both husband and wife, and the property cannot be sold without the specific consent of both. Even if there is no mortgage, many states say that the home cannot be sold or put up as a debt security without mutual consent—unless that consent is waived voluntarily.

Estate matters affect the home, too. Most likely, it must pass to your spouse, no matter what your will says—unless she or he has formally given up that right of inheritance.

**Easements.** An easement is an agreement to let someb part of your property f specific purpose—permi drive through a back lot another parcel of land. ample. That kind of e usually is described in t and it is considered to *the land;* that is, it will later buyers as well. T way it can be revoked both parties agree to end

So much for forma ments. Many easement p stem from the fact that t ways other people may permanent right to use y without your formal co you do not take the prop in time to protect your r

The key to the proble what you intend as an understanding may beco binding than you mea might tell your neighbor ample, that it's all right to use part of your land tension of his garden. giving him *license* to use But if he does so for years (local law dictates span), you might find y agreed to a permanent e

Another problem coul your neighbor claims he en you some considerati turn for your generosity spent money to improve by leveling and tilling i gave you lots of vegetab the garden each year. It be so easy to revoke the in that case.

To avoid such situatio sure any license you gr writing and clearly spell terms: how long your can use the land, how y revoke or renew the lice whether or not it applie him or to others as well.

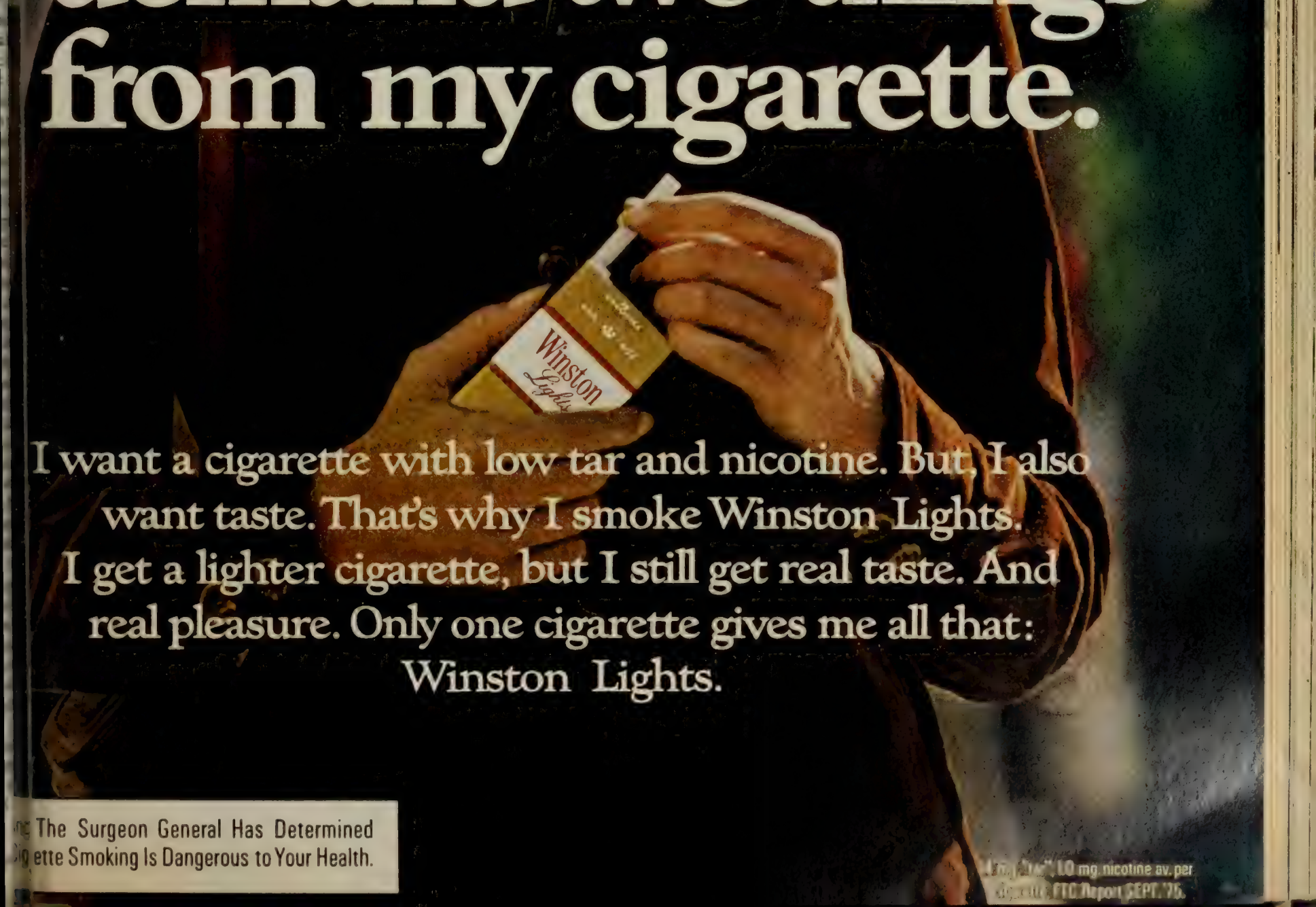
There's also somethin *easement by prescriptio* somebody uses land cont and openly for a long p time and the owner does ister any protest, the can become permanent example of your neighb ting through to the lake, vious owners and you n allowed the short-cutting pen for too long with making a complaint. By you objected, an easemen scription had taken hold.

One good way to a easement by prescriptio put up a *one-day barrier* ly, a fence or some o stacle which you erect once a year. If you mak matter of record, you'll tecting yourself against easement.

Permanent easement your only worry. Perma session can occur, too.

**continued on page 22**

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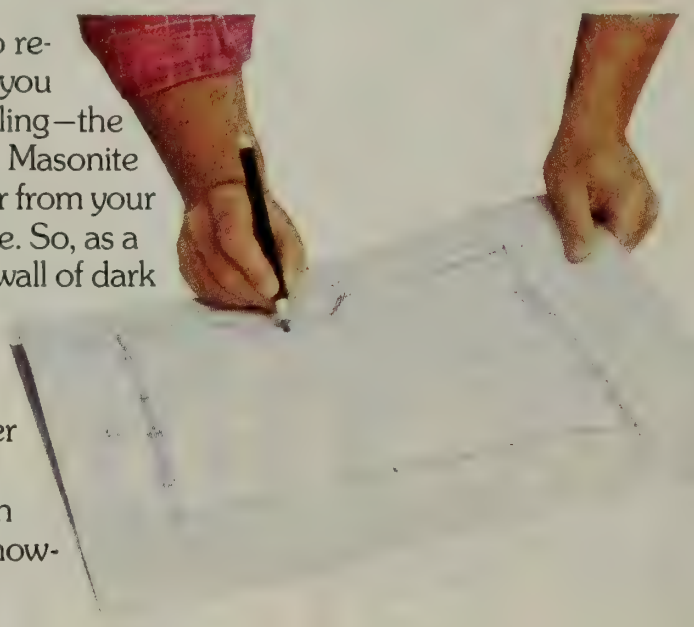
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# If you're all thumbs when
# here's a helping han

Don't let the idea of putting up paneling scare you. If you can hit a nail with a hammer, measure with a ruler, and use a saw, you can put up Masonite brand paneling yourself.

**1.** First, you'll need a plan. Measure the room you want to panel. Then draw a floor plan indicating doors, windows, stairways, pipes or beams. Then take this to your Masonite dealer. He'll help you select the amount of Masonite brand paneling you'll need.

One thing to remember when you pick your paneling—the lighting at your Masonite dealer will differ from your lighting at home. So, as a general rule, a wall of dark Masonite brand panels in your home may look darker than the one sample panel in your dealer's showroom.



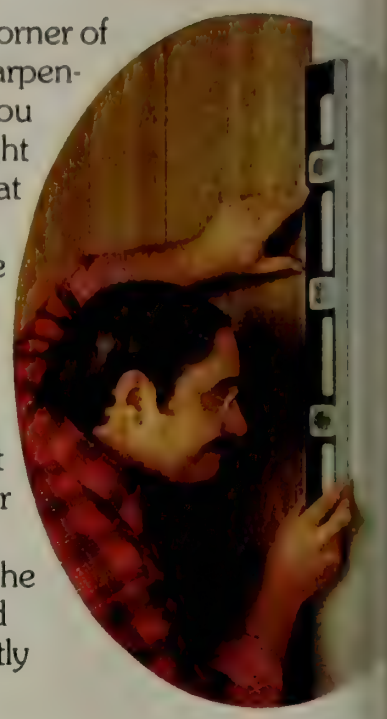
**2.** Once you get your panels home, let them stand unwrapped on the long edge for 48 hours, so they'll adjust to the room temperature and humidity. Then stand them up, and arrange the panels along the wall until you find the most pleasing pattern for your room.



If your walls are flat and smooth, you can put the paneling directly on your walls. If you have concrete or masonry walls, you'll need a simple framework of furring strips (inexpensive lengths of 1" x 3" lumber). Your Masonite dealer can help you here, too.

**3.** Now you're ready to put up your panels and cut those that will need to be trimmed. If you're going to use a power saw, cut with the finished side down. If you're using a handsaw, mark and cut with the finished side up. The old carpenter's adage is good advice here: measure twice and cut once.

**4.** Start paneling at the corner of the room. Use a simple carpenter's level to make sure you have the first panel straight up and down. (That's what carpenters call "plumb.") If you use panel adhesive follow the directions on the cartridge. If you use nails, make sure they go into the wall studs. Studs are the 2"x4" boards that form the supporting inner framework for your wall. By tapping gently along the wall until you hear a solid sound, you can find exactly where they are.



**5.** When your first panel is "plumb" and secur you're ready to put the next one up. The edge new panel should touch the edge of the previous pan lightly. When you come to a door or window frame, have no trouble as long as you measure carefully be ting. A pattern drawn on newspaper first will be your s

**6.** For electrical outlets, measure from the floor up and from the edge of the previously installed panel. Then draw a pattern on your panel, drill holes in the inside corners of the pattern, and cut out the pattern with a keyhole saw.



**7.** When all your panels are in place, you're ready for Masonite brand mouldings for the floor, ceiling and around the windows and doors. The mouldings will cover up any minor measuring or cutting errors alor edge and give your paneling a finished, professional And since they are prefinished and color-coordinate there's no painting or stain matching required. There a moulding for inside and outside corners.

Stand back and take a look. You've added richnes beauty to what was just an ordinary room.

Best of all, you've done it with Masonite brand hardb paneling. That means your new walls can take wear Because Masonite brand paneling is tough. It resists cracking, knocks and dents. Yet Masonite hardboard is easy to maintain. It's made from real wood and ha

# ;omes to things like paneling,
# ;om Masonite.®

;l wood's advantages, without the disadvantages. And a
;ecial process imparts an astonishing realness to every
;sonite design.
Putting up Masonite brand hardboard paneling can be easy.
;ou have any questions just ask for our free "Masonite guide
; paneling." You'll find it and more than 60 intriguing Masonite
;signs at your Masonite dealer.
Look for him in the Yellow Pages under "Paneling."

**When you ask for Masonite paneling, make sure you get the Masonite brand.**

MASONITE CORPORATION

Man-made finish on real Masonite brand hardboard.

;ster series™ Butterwood.

continued from page 18

## Ownership

sible for someone actually to take over any part of your land he occupies (not just uses). For him to achieve this *adverse possession,* the occupancy must be open and obvious over a period of time. Say the intruder builds and inhabits a shack. Eventually he could claim ownership, unless you took proper legal steps to get him off the land in time.

**Encroachment.** When your neighbor builds or plants anything on his property that extends over the line to your land, he's encroaching on your land. (The same can be true in reverse, of course.) Anything from a hedge to a fence to a driveway can constitute an encroachment.

Time is crucial with encroachment. Say your neighbor's drive extends on to your land. He may eventually claim title to that part of your property if you don't complain within a certain period —usually several years—and demand removal.

What if your lovely elm tree's branches have spread over the neighbor's yard, and he abhors nature's bounty? If he doesn't get you to cut off those branches in time, he may lose his chance forever. Suppose he does insist within the appropriate time limit, and you refuse? He might get a court order forcing you to cut off the branches. On the other hand, if he takes the law into his own hands, and the tree dies, he could be in trouble. It's possible the court would award you damages, even though it might have ordered the limbs removed, had your neighbor taken the proper legal steps.

**Eminent domain.** There's one situation where your home definitely is not yours alone, no matter what you think. That's when the government wants to take over the land for certain purposes —the ubiquitous highway, hospital, or whatever. The government has the right to condemn your home, under the *power of eminent domain.*

The government must pay you the *fair market value,* of course. And if the offer doesn't seem enough, you can require a condemnation proceeding, where a jury, judge, or committee will decide the outcome. Don't automatically accept the government's first offer; you probably can do better. Bring a real estate broker or appraiser to the hearing to help establish the true worth of your home and land. If other homes are struck by the same condemnation, you might strengthen your fight by joining forces. It's even possible you could effect a change in the condemnation move altogether. ■

begins on page 16

## Privacy and protection

in order to make changes in your home. Probably a permit is required just for major projects, not simple tasks like laying down a new floor or adding cabinets or bookcases. If you aren't certain about the need for a permit, it's wise to check. Otherwise, a building inspector might come around and force you to remove the work. Also, be sure that any contractor you hire has obtained the necessary permits. Don't sign him on unless you have that guarantee in writing. Also get him to state in writing that the work he completes will comply with local building codes and will pass any inspections required by law.

**Nuisances.** For the most pa you (and your neighbor) are titled to do what you like on yo property, provided you are n breaking the law. As ugly as fence next door may be, yo neighbor has the right to put up. He won't have to take it dow unless you can prove he raised out of malice. And that kind ill will is very difficult to pro in court.

With other nuisances, too, y must be able to show that the was highly unreasonable beha ior on your neighbor's part, a that the nuisance has caused y serious loss or damage, or gre ly diminished your pleasure your home. That's also hard prove thoroughly enough stand up in a court of law. I better to try to work at a reaso able compromise as neighbo rather than as legal adversaries.

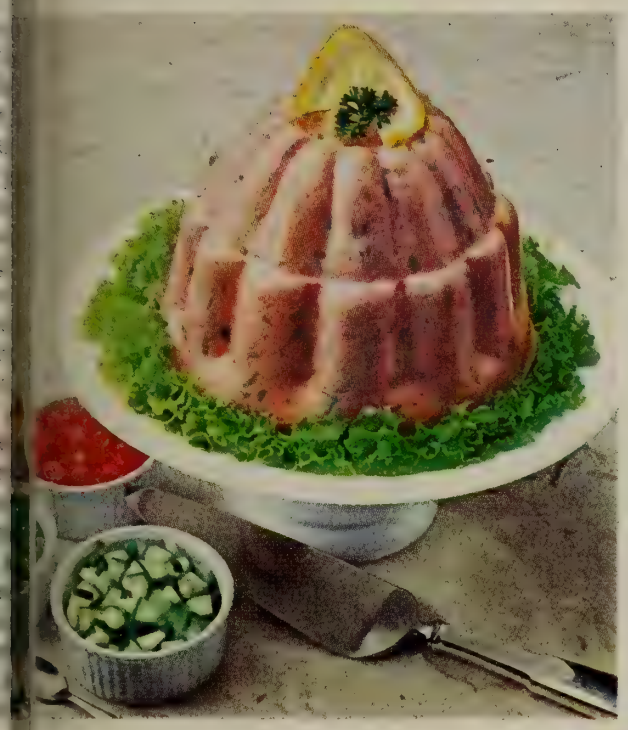
Some nuisances, such as smoking chimney, may defy l cal laws, so check into them fir But bear in mind that just b cause something offends you seems to downgrade the neig borhood, you don't necessar have a case. You might force neighbor to fix up a crumbli house if it's in dangerous shap you probably won't be able

**continued**




# That's Entertainment!

## (For party-pleasing salads, start with Best Foods® Real Mayonnaise.)



**GAZPACHO GELATIN SALAD**

1 envelope unflavored gelatin
1 1/2 cups cocktail vegetable juice
1/2 cup BEST FOODS Real Mayonnaise
1/4 cup red wine vinegar
2 Tbsp. MAZOLA® corn oil
1/4 tsp. hot pepper sauce
1 clove garlic, crushed
1 cup diced cucumber
1/2 cup diced green pepper
1/2 cup diced onion

Sprinkle gelatin over juice; heat, stirring constantly, until gelatin is dissolved. Combine with next 5 ingredients; chill until slightly thickened. Fold in remaining ingredients. Turn into 4-cup mold. Chill until set.



**SALMON PIE**

1 envelope unflavored gelatin
1 1/4 cups water
2 cans (7 3/4 oz each) salmon, cleaned, drained and flaked
3/4 cup chopped celery
1/2 cup BEST FOODS Real Mayonnaise
1/4 cup chopped parsley
2 Tbsp. chopped capers
2 Tbsp. lemon juice
1 tsp. grated lemon peel
1 tsp. grated onion
1 tsp. celery seed
1 baked (9-inch) pastry shell

Sprinkle gelatin over water; heat, stirring until dissolved. Chill until slightly thickened. Combine with next 9 ingredients. Turn into pastry shell. Chill until set. Serves 6 to 8.



**SHRIMP MOLD**

1 envelope unflavored gelatin
1 can (10 3/4 oz) chicken broth
8 ounces cooked shrimp
1/2 cup BEST FOODS Real Mayonnaise
1/4 cup chili sauce
2 Tbsp. sliced ripe olive
2 Tbsp. chopped pimiento
1/4 tsp. garlic salt
2 hard cooked eggs, chopped

Sprinkle gelatin over broth; heat, stirring constantly, until gelatin is dissolved. Chill until slightly thickened. Combine with remaining ingredients. Turn into 3-cup mold. Chill until set. Serves 4.




*EVERYTHING BEST FOODS TOUCHES TASTES SO GOOD.*

(Advertisement)

# Do You Know the Secret of Looking as Young as You Can?



You may think you do. You watch what you eat. You try to get enough sleep. You've even started exercising and wouldn't dream of going to bed without doing fifteen minutes of calisthenics. Good for you. But even so, all these efforts to keep you looking as young as possible just aren't enough if you don't take proper care of your complexion.

Don't wait another moment to join the younger-looking women who share the secret benefits of a unique beauty fluid. From Paris to Australia and beyond, these women enjoy the quickly apparent rewards of a skin-loving liquid that helps them to look their youngest. How? By soothing away dryness, that unwelcome dryness that so often makes aging little lines and wrinkles all too noticeable. This remarkable fluid is found in drugstores in the United States, where it is known as Oil of Olay beauty lotion.

You will be astonished how quickly and completely the beauty fluid penetrates your skin's all-too-visible surface as you soothe it on your face and neck. Simply look in your mirror to discover how the wealth of pure moisture, along with tropical oils and other emollients, brings a renewed lustre and glow to your complexion. Your skin feels softer and smoother almost from the instant you apply Oil of Olay, and the difference can scarcely pass unobserved.

Devoted users make the complexion-cherishing fluid a vital part of their beauty ritual at least twice each day. In the morning, as a marvelous makeup base (there's never a greasy afterfeel) that lets cosmetics stay fresh for hours. Again just before bedtime, so skin can sleep in a moisty climate through quiet nocturnal hours. Any other time your skin feels dry and you want to increase its moisture content is a good time for Oil of Olay.

Oil of Olay works with nature in a mysterious way to help maintain your skin's oil-moisture balance, essential if you're to look just as young as you can. The beauty fluid works almost exactly like your skin's own moisture in combatting the dryness that can make you look older than you like. It even helps keep your own natural moisture within the skin, helping to maintain your more youthful looking complexion.



Your friends and family will never know how you achieved the change in your appearance unless you tell. At first you may want to guard this precious new knowledge. But eventually Oil of Olay will probably become a secret too special to keep to yourself.

**Beauty Secrets**

*If you wear makeup only when you go out, don't let your face go untended at home. Let Oil of Olay be a constant part of your morning grooming. You'll enjoy the way your skin looks and feels.*

* * *

*Artificial "weather" (like steam heat and air conditioning that may lower humidity) can be hard on your skin. You can minimize the effects by extra applications of Oil of Olay®.*

continued

# Privacy and protection

get him to paint the house, even though it looks dreadful. Again, friendly persuasion—or perhaps a helping hand—may be your best course.

Often, nuisance cases revolve around pets. The law on such matters has changed a lot in many areas. More towns require leashes, for example. Also, it used to be that the *one good bite* law prevailed: If your dog took a chunk out of somebody and hadn't bitten anyone before, you weren't liable until it happened again. Now, many states say you're responsible even for the first bite. Your rights about that barking dog across the street are another matter; generally, local precedent prevails.

When somebody is hurt on your property despite your warnings to stay away, your obligations rest on the concept of an *attractive nuisance*. That presumes that children are curious creatures and are likely to get into trouble as a result. You, the property owner, will be held liable if a child hurts himself while in a tempting place such as your pool or tree house—even though you've forbidden him to be there.

Piles of building materials, or an uncovered hole in the lawn, also might be attractive to an imaginative youngster. It's really your obligation as a homeowner to see that such dangers are removed. With something you do not want to eliminate, like your pool, be sure you are covered by special liability insurance.

**Liabilities.** As a homeowner, you have obligations to visitors whether or not they are invited. In fact, a standard homeowner's policy is not likely to cover you against all eventual liabilities—especially since most policies contain a clause saying you must notify the insurance company of any hazards added to your property. Say you're installing an underground sprinkler system, and you don't tell your insurer. Someone stumbles into the ditch, breaks a leg, and sues. You may not be covered.

Because of such possibilities, be sure you advise your insurer of any potential hazards. Temporary coverage won't cost that much. As a matter of fact, if your family's net worth is more than $100,000, it might be smart to take out extra liability insurance as a matter of course to protect you against all sorts of claims. (Juries are very generous these days.) You can get the ex[tra] coverage through an "um[brella] policy—usually just $60 a year for $1 million's w[orth] liability protection.

Your basic liability home hinges on the rea[son] person was there to beg[in] Social visitors, for exampl[e] be warned by you of any [dan]ous construction or other [trap] otherwise, you could be li[able] any injury.

If the person is in you[r] for business reasons, a v[isit] may not be enough. You quired to keep your prop[erty] reasonably safe order, an[d] the injury took place count: A baby-sitter hurt cellar probably wasn't wh[ere] belonged; had she been while in the nursery, th[ings] would be different.

What about trespassers ably you would be liable a trespasser were hurt bec[ause] a deliberate or irresponsi[ble] ard you created. Setting traps just isn't allowed. F[ur]more, if somebody trespa[sses] a regular basis—say, cuts the corner of your lawn e[very] —and gets hurt on your p[ro]you may have to pay. He sidered a *habitual passerb[y]* er than a trespasser.

**Privacy.** Thanks to th[e] and Fourth Amendments Bill of Rights, you may entrance to your home to anyone. That includes ment officials; they must formal warrant, issued judge, that specifically de what they are looking for government forces its way way, you may have a goo for suit. When a civilian in uninvited, he is tres and you can call in the throw him out.

Today's technology ra other privacy issue—w ping and the electroni Under current law, the ment must have a specif from the court before listen in on your home. fully, those legal edicts a cult to obtain and should only criminal activities. If governmental person is tu he's doing so illegally. H end up in jail, as well civil suit for damages th bring against him.

**Damage to your home** is some question about responsible when a vis stranger damages your h property. Your best prote to post a "No Trespassin Then you probably can h uninvited person liable f ages he causes, even if h up on your land by accide

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can find out by call-
board in your town,
local consumer-help


# "What a wonderful investment our Maytag Washer and Dryer proved to be," writes Mrs. Skinner.



Ed and Barbara Skinner; Laura, 8, and Tiger; Brad, 7; John, 4.

***14 loads a week for 7 years now, but the repairman has been practically a stranger.***

We design our Maytag Washers to last longer and need fewer repairs than any other brand of washers, and we're happy Mrs. Barbara Skinner believes we're succeeding. "With two babies in diapers, commercial diaper service was becoming too expensive. So in August of 1968, we purchased our Maytags;" she writes from Adrian, Michigan.

This investment in Maytag quality turned out to be a wise move, according to Mrs. Skinner. "We average 14 loads a week. That would be approximately 5,096 loads in seven years... quite a record."

But repairs on her washer have been few, she says, and the same goes for her dryer. "Count us as one very pleased and satisfied family. We love our Maytags!" concludes Mrs. Skinner.

Naturally, we don't say all Maytags will equal that record. But dependability is what we try to build into every Maytag Washer, Dryer, and Dishwasher.



MAYTAG

THE DEPENDABILITY PEOPLE

THE MAYTAG COMPANY, NEWTON, IOWA. WASHERS, DRYERS, PORTABLE WASHERS AND DRYERS, DISHWASHERS, DISPOSERS.

New Salem Lights

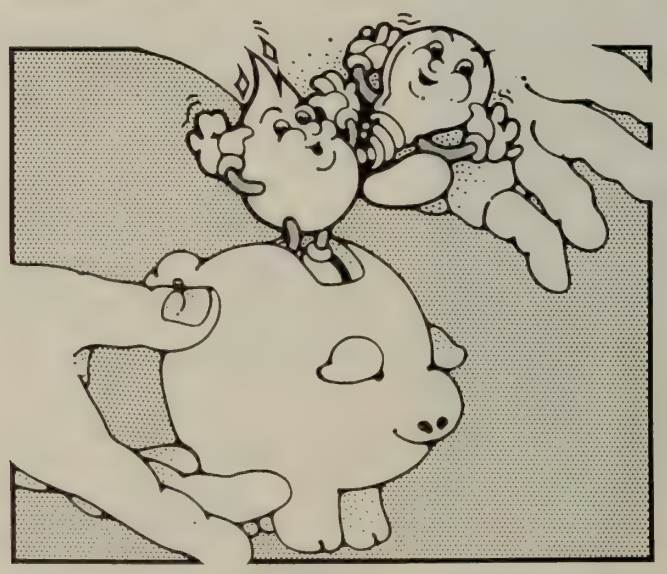
Lowered "tar." Same fresh taste.

20 CLASS A CIGARETTES
Menthol Fresh
Salem
Lights
LOWERED TAR & NICOTINE

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

12 mg. "tar", 0.9 mg. nicotine av. per cigarette by FTC method.

# Around-the-house guide to energy saving



If your power bill keeps going up, just like every other bill you're receiving lately, perhaps you need a refresher course on how to save kilowatts. Once you find the correlation between your family activities and electrical usage, you can begin to save on energy—which means money.

Most people think that the real culprits are convenience gadgets such as toothbrushes, can openers, and electric shavers, but these appliances actually require very little energy.

By far the largest users of energy are appliances and equipment that heat or cool, such as air conditioners, home heaters, home heating systems, and saunas. The next largest consumers of energy are appliances that operate for long periods of time. These include refrigerators, television sets, and lights. If you concentrate your conservation efforts in these areas, you may be able to reduce y power bill significantly.

## BE STINGY WITH YOUR RANGE

- Remember to use big pots on big burners; small pots on sn burners. Flat-bottomed cooking utensils are more efficient t ones with curved bottoms.
- Use a saucepan or skillet big enough for the recipe you are p paring, but not too large.
- Check your oven for accuracy. Have faulty switches, burn and thermostats fixed promptly and by a professional.
- Make sure your gas burners spout a steady blue flame. That me they're working most efficiently.
- Preheat your oven just long enough for it to reach the desi temperature. Any longer, and you're wasting fuel.
- When possible, cook more than one dish at a time in the ov An oven meal makes the most efficient use of energy.
- And finally, remember to turn off the burners and oven w you've finished! If your oven has a warning light or buzzer, it help you.

## FREEZE THAT REFRIGERATOR BILL WHERE IT I

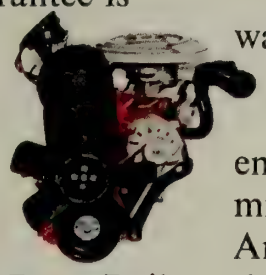
- Don't stand in front of an open refrigerator door deciding w you want to remove. Know ahead of time, so you won't waste mo air-conditioning the kitchen with the refrigerator!
- Let hot dishes partially cool before refrigerating them.
- When you know you'll be gone for a long time, reset the temp ature control to a lower number.
- Keep the refrigerator full. A half-empty appliance uses m energy because air is harder to keep cold than chilled food.
- Cover dishes with moisture-vaporproof wrap to prevent fr forming evaporation of liquid. This will help retain flavor, too.
- Don't let frost build up to more than ¼ inch in your freezer.

## SORT OUT YOUR LAUNDRY NEEDS

- Load your washer to capacity; a half-load uses too much hot w and wastes energy.
- Use cool water instead of hot whenever possible.
- Keep all filters clean. Check them before and after each use.
- Don't overdry clothes. Hang some of the slow-drying garm and other items outside or in the basement to dry. ■

# Vega. The three-way economy wagon.

## 1.
## ive-year, 0,000-mile ngine guarantee.



This engine guarantee is or five years or 0,000 miles, hichever comes rst. It's an added alue feature ncluded in all 1976 egas equipped with Dura-Built -cylinder, 140-cubic-inch ngines. It means that should omething go wrong with the ngine your dealer will fix it free. his limited warranty covers epairs to the cylinder block, ylinder head, all internal engine arts, intake and exhaust mani- olds, and water pump, made ecessary because of defects in aterial or workmanship. It oes not cover repairs required ecause of accident, misuse, or ck of proper maintenance. ee your Chevy dealer for a omplete guarantee statement.

## 2.
## 35 mpg highway. 24 mpg city. EPA ratings.

These ratings are for Vega wagons equipped with the standard Dura-Built 140-cubic-inch 1-barrel engine, 3-speed manual transmission, standard rear axle. Another popular combination, the available 140-cubic-inch 2-barrel engine with 4-speed manual transmission and standard rear axle, has an EPA rating of 35 mpg highway, and 23 mpg city. These test cars were not equipped with air conditioning.

*Remember:* These mileage figures are *estimates.* The actual mileage *you* get will vary depending on the type of driving you do, your car's condition and available equipment. In California see your Chevy dealer for EPA mileage figures and power train availabilities.

## 3.
## Lowest priced '76 wagon in America.



Based on a comparison of Manufacturers' Suggested Retail Prices, you won't find a lower priced wagon than the base Vega Wagon model shown above. Its price includes the standard engine and new vehicle preparation charges. Destination charge, available options, state and local taxes are additional.

If you're looking for an economical way to get room for four plus extra carrying space, see your Chevy dealer about a Vega wagon.

Chevrolet, America's Family Station Wagon Builder.

Chevrolet



Vega Estate

GM

**Buying Guide**

For your convenience, we list names and addresses of manufacturers of most of the products pictured in each month's issue. This month, see page 120 for this shopping information.


# Light Batter Fish Fillets from Mrs. Paul's. Fish Fillets with a difference.

Mrs. Paul's new light batter brings out the best in fish. It really makes a difference! Fish Fillets cook up light and crispy, with tender white fish inside. And Mrs. Paul's makes Light Batter Fish Miniatures, Fish Sticks, and Fish & Chips, too. All come with Create a Sauce Mix. You'll taste the difference.






FAMILY FOOD IDEAS


# BREAKFASTS THAT G YOU GOING

**Stuck in the milk and cereal rut? Here are a couple of breakfasts that don't take much longer to fix than a bowl of co and they're hot and tasty to boot.**



## BREAKFAST WHEELS

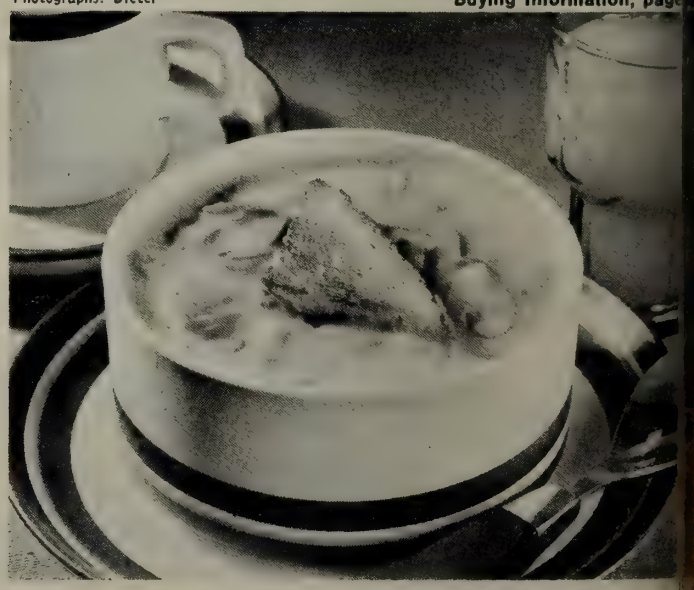
*Next time use cheddar or mozzarella cheese—*

- **2 English muffins, split and toasted**
- **Butter or margarine**
- **Currant jelly**
- **8 slices (4 ounces) cooked ham**
- **1 apple, pared, cored, and sliced crosswis in 4 circles**
- **4 1-ounce slices process Swiss chees**

Spread muffin halves with butter or margarine and jelly. Cover with slices of ham, apple, and then chees on baking sheet. Broil 4 inches from heat for 3 to 4 or till cheese is melted and lightly browned. Makes 4 faced sandwiches.

Photographs: Dieter

**Buying Information, page**



## SUN'S UP SOUP

*Team this meat and potato soup with fruit and a beverage—*

- **2 cups milk**
- **1 can condensed cream of potato soup**
- **½ of 3-ounce package sliced smoked beef, snipped (½ cup)**
- **½ cup (2 ounces) shre sharp process Ameri cheese**
- **1 slice bread, toasted and cut in triangles**

In 2-quart saucepan, gradually stir milk into sou smoked beef and cheese. Cook and stir till mixture is through, about 5 minutes. Top each serving with a toast t Makes 4 servings. ■

# Beef, Bacon and Cheese. We took 3 great tastes off a bun and put them in a bag.




The Bacon Cheeseburger is going to the dogs. Thanks to Purina's new Beef, Bacon & Cheese Flavor Dog Chow.

This dog-delighting dish has got 3 different tastes—and 3 different nuggets.

The hearty red nugget is made with real beef meal.

The curly brown nugget with the flavor of bacon.

And the golden yellow nugget with real dried cheese.

We think of it as fast food for dogs, because dogs will eat it fast.

And to get your juices started, there's a 25¢ coupon placed conspicuously next to this page.

## New Beef, Bacon & Cheese Flavor Dog Chow.®



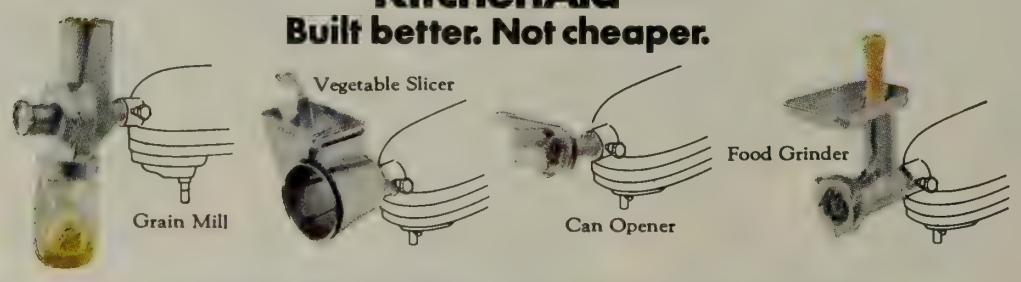
**The KitchenAid heavy duty mixer.
Powerful enough to knead yeast dough.
Versatile enough to whip a single egg white.**

Like the big mixers in a bakery, the KitchenAid single beater, 'round-the-bowl mixing action mixes more volume faster. And you don't have to continually scrape the bowl.

Comes with beater, whip, dough hook, and a 4½ qt. stainless steel bowl. Available accessories grind meat, grind grain, open cans, juice oranges, slice vegetables, and do much more. That's why we call it the KitchenAid Food Preparer.

At department stores and better retailers. KitchenAid, 6HC-3, Hobart Corporation, Troy, Ohio 45374.

**KitchenAid®**
**Built better. Not cheaper.**





# GARDENING IN MARCH

March weather may be half lion, half lamb, but every gardener knows how to work around a few obstacles. Regardless of the weather, you can finalize your lists of the roses, shrubs, and trees you want to set in and place your orders. Spend some time, too, brushing up on your planting techniques.

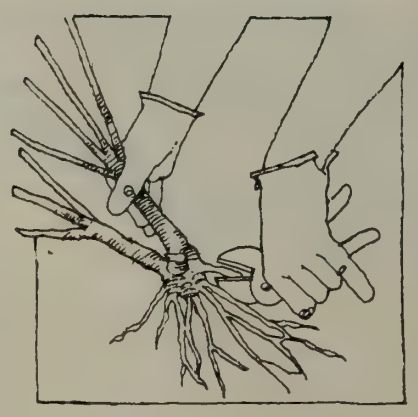
## How to plant a rose

Roses should be planted as soon as possible after you receive them. If you have to delay planting for a few days, leave the moisture-tight packaging on the plants and set them in a cool, dark place.

The day before you plant, remove the wrapping. Soak roots in a pail of water overnight.

On the planting day, trim broken or dead roots.

Dig a hole deep enough to accommodate the spread of the roots. Form a cone of soil in the



center of the hole and spread the roots out over the cone. Fill in or remove soil until the grafting knob is one inch below ground level if you live in a cold area, or just above it in a mild area.



When you're sure the plantin depth is correct, fill in almo to ground level with loose soi then flood with water. Let it soa in, then refill the hole. Joggl the plant to settle soil and releas air bubbles.

Fill the hole with the rest o the soil; tamp it down.

## Two ways to plant hedges

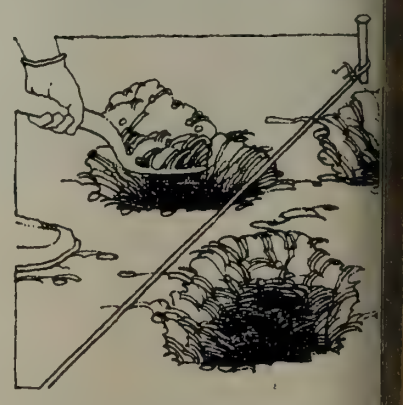
The majority of hedging plan should be spaced one to two fe apart at planting time. For thes the trench method of plantin is the most widely used.

First, stake a guide string t mark the planting line. Dig trench along the string lin Make the trench deep and wi enough for spread-out roots.



Set plants one by one inside t trench, spread out the roots, ar firm the soil around. Water we shortly after planting.

For large-growing hed plants, dig separate holes spac two to three feet apart in a sta gered row. Alternate holes either side of staked guidelin



Set a shrub in each hole, flo with water, then juggle ea plant to make sure the wet s contacts root surfaces. Fill with the rest of the soil. ■

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## The most wax cushioned ors in your color. ke 32 in Beige.

The pattern of this beige is based on an early New England design. This is one of the patterns in our Prestige collection, based on authenticated design influences that are part of the heritage of America.

These inspired patterns feature the convenience of all our no-wax, Shinyl Vinyl® floors, and the comfort of cushioning. A no-wax, Shinyl Vinyl floor stays fresher looking longer, usually with just sponge mopping. In time, a reduction in gloss will occur in areas of heavier use. We recommend Congoleum Vinyl Dressing to provide a higher shine, if preferred.

See this great new collection and choose your floor in your color. Find us in the Yellow Pages under "Flooring".

Pattern #45025 shown.



*George Washington*

# American Bicentennial Bell

A Limited Edition

- ★ One in a series of porcelain bells to commemorate, in vivid color, important people and historic events in the birth of America.
- ★ Beautiful porcelain heirlooms of our nation's proud Bicentennial celebration.
- ★ The George Washington Bell will be issued in a limited edition only for orders postmarked by March 31, 1976.
- ★ Each bell will be hallmarked and registered by the Danbury Mint.
- ★ Priced at only $25.00.

The achievements of "The Father of Our Country", George Washington, are legend. The greatest of all patriots, he guided a young and proud nation on a course of freedom.

From his courageous winter at Valley Forge, to his daring crossing of the Delaware, to his leadership as the first President, Washington truly was "First in war, first in peace and first in the hearts of his countrymen . . ."

Now, as the world celebrates 200 years of American freedom, we rededicate ourselves to this ideal by recalling the proud deeds of this great American patriot. To commemorate his everlasting contributions, the Danbury Mint will issue a limited edition Bicentennial Bell.

The front of this historic bell bears a full color portrait of George Washington. The reverse depicts his famous home, Mount Vernon. This beautiful porcelain heirloom will be available only briefly in a limited edition which closes forever on March 31, 1976. After that date, this Bicentennial Bell will be available only from original owners willing to part with it, and only at their asking price, whatever that might be.

Experience suggests that few of these bells will ever reach the open market. Most will be kept as prized reminders of our Nation's Bicentennial, and proudly passed on to future generations of Americans.



*Bell Shown Actual Size*

The Danbury Mint
10 Glendinning Place
Westport, Conn. 06880

the Danbury Mint

**Must be postmarked by March 31, 1976**

Please enter my order for _____ "George Washington" Bicentennial Bell(s). My check or money order is enclosed at the rate of $25.00, plus $1.25 shipping and handling) per bell.* Please notify me as additional Bicentennial Bells are issued in the future, so that I may decide whether to purchase them.

Name _____

Address _____

City _____ State _____ Zip _____

*Connecticut residents add $1.84 per bell to cover sales tax.
Make check or money order payable to DANBURY MINT.
ESTIMATED DELIVERY — 4 to 6 WEEKS. D5

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# A new l for chic and dumpli

Photograph: Dieter



Buying Inform

**CHICKEN SOUP WIT FILLED DUMPLINGS**

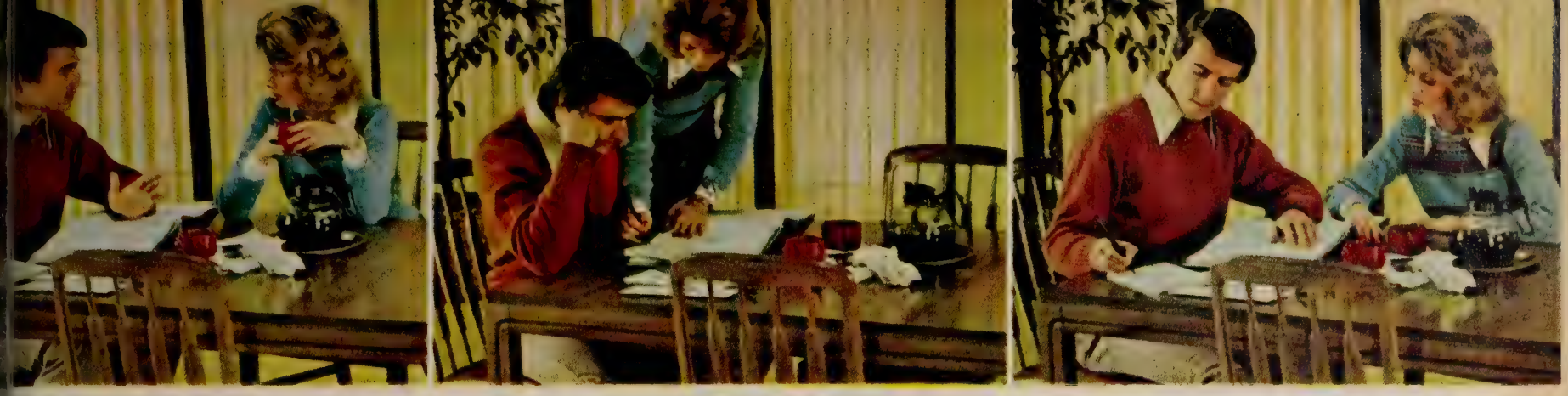
**3-pound broiler-fryer,**
**6 cups water**
**2 sprigs parsley**
**2 stalks celery, cut u**
**1 carrot, sliced**
**1 small onion, cut up**
**2 teaspoons salt**
**¼ teaspoon pepper**
**1 bay leaf**
**1 recipe Filled Dump**

In Dutch oven, cor
en and water. Add
ery, carrot, onion,
and bay leaf. Cover
1 hour or till chicke
remove chicken fr
Strain broth and d
etables. Skim off the
Return broth to pa
chicken meat from
¼ cup meat and res
ing. Chop remainir
add to broth.

*To make Filled*
For dough, beat *1*
*tablespoon water. A*
*all-purpose flour* and
*salt*. Knead on lightly
face a few minutes.
rest 20 minutes.

Meanwhile, make
dumplings. Combine
diced cooked chick
*finely chopped cooke*
*egg, 2 tablespoons gr*
*san cheese, 2 tablespo*
*bread crumbs, ⅛ te*
*⅛ teaspoon dri*
*crushed,* and *a dash*
*meg;* mix well. Ro
dough to ⅛-inch th
in sixteen 2-inch ci
1½ teaspoons filling
of each circle. Mo
Fold dough over; sea
tines of fork.

Bring broth to
drop in Filled Dump
covered, 10 minute
taste. Top with snip
Makes 6 servings. ■



# With Keller, you'll worry less about the furniture than you will about the budget.

Balancing the family budget isn't only hard on u. It can be awfully rough on your dining furniture, o.

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Because all the figuring and refiguring in a fiscal ar can't hurt a Keller table's Armor-Gard® finish. A rface that's scratch-resistant. Heat-resistant. And ugh enough to take on you and the family finances.

And except for that tabletop, Keller furniture is ade entirely from wood. Real wood. Handled with skill and concern and an eye to making sure it lasts.

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So take a look at Keller. The dining furniture that'll hold up. Maybe better than your budget will hold out.

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**It's KELLER**

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Many people have experienced the pain of dry, hard stools. And many have come to accept this, as if it were a natural part of elimination.

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No matter what your age, you should have comfortable elimination.

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Serutan is the effective laxative that forms a smooth gel in the lower digestive tract, where it combines with intestinal waste to give you comfortable relief.

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**FAMILY HEALTH** Gerald M. Knox

# SCHIZOPHRENIA

## WHAT ARE THE FACTS?

Probably no disease in the medical archives—not cancer, not heart disease, not even the cripplers and maimers like arthritis and multiple sclerosis—strikes victims and families alike with more devastation than schizophrenia. According to the National Institute of Mental Health (NIMH), this severe emotional disorder, with its flights of fantasy, bizarre behavior, and inside-out thinking, now ranks as our Number One mental health problem.

Half the mental hospital beds are occupied by schizophrenics; an estimated $5 billion is directly spent on care. One American in 50 can be expected to be hospitalized with schizophrenia at some time in his life—one in 20 among urban slum dwellers. And for some of the victims, hospitalization will be virtually for life.

As for families, schizophrenia is a triple tragedy. They must try to cope with a loved one who seems transformed into almost a stranger, and they must also deal with the fear that to seek help can mean long-term confinement. Worse yet, they are tortured by oppressive, even unbearable, guilt. For often the people around the schizophrenic are accused of causing his condition.

And, unfortunately, our knowledge of schizophrenia has also been "fraught with confusion and uncertainty," according to a recent report by the American College of Psychiatry. Schizophrenia was first diagnosed as a mental disease nearly a century ago, and seemingly similar symptoms have been known since biblical times. Yet science still lacks answers to many basic questions about this most difficult of mental problems—including how it originates, how best to diagnose it, how to treat it, and even whether it exists at all.

One psychiatric faction considers schizophrenia a myth, nothing more than a defamatory label applied to people whose odd actions annoy others. A second group considers it not a disease but a pattern of symptoms triggered by various conditions, just as a runny nose may result from a bad cold, an allergy, or a sinus headache.

Yet for schizophrenics and their families, there is now a faint light at the end of what is a very real tunnel. The development of tranquilizers has enabled many who might otherwise have been doomed forever to a lifetime of struggle to resume some semblance of normal life. New biochemical explanations for schizophrenia are being offered, and the first steps are being taken toward identifying the schizophrenia-prone and working out means of prevention. And finally, more is being learned about the role of the family—not only how it may be involved in the origins of schizophrenia, but also how it can help a stricken person resume a useful and productive life.

What then do we know about schizophrenia? Most important, what should you and your family know about this most shattering of mental disorders—its dangers and how to guard against them? Here are the answers to some the most commonly asked q tions about schizophrenia—a with information to help cope with it.

### Does a schizophrenic really behave like two different people—a split personality?

Not in the Jekyll-Hyde se although that is a common lief. There are very few d mented instances of a pe leading two (or more) diffe parallel existences. Nor is two-faced person—the pa who shrieks at the children smiles at the neighbors—sch phrenic in the psychiatric s

However, the schizophren different from his more usual —as he himself often recogn He thinks, acts, and feels di ently. Officially, his illness is fined as a "group of disor manifested by characteristic turbances in thinking, mood, behavior." These disturba take different forms in diffe people, and even in the same son at different times.

A schizophrenic may be a or passive, laughing or cry hostile or over-solicitous. He huddle in fright or scra about in constant motion; he talk to persons invisible to ot or cover his ears to shut voices no one else hears. He do none of the above or all c

In general, five characteri

**continued**

### HOW CAN YOU HELP A PERSON WITH SCHIZOPHRENIA

First of all, don't reject him. Because a schizophrenic's behavior often seems odd, many people, even those close to him, shy away out of fear. Keeping one's distance from a schizophrenic, however, only reinforces his fears and underscores his loneliness and isolation, making his illness even more entrenched.

Second, take action to see that he gets some sort of treatment. Many people hesitate to hospitalize a schizophrenic for fear he will be locked up for the rest of his life. Most cases of schizophrenia can be treated, however, especially if given prompt attention, and the victim can be returned to a relatively normal life in short order.

Third, don't attempt to diagnose the problem yourself. Be alarmed by any friend or relative whose behavior alters markedly or who seems seriously troubled. And be particularly cor cerned if the condition comes on rapidly and i a sharp departure from past behavior. But don rely solely on your own judgement.

Fourth, provide strong support. Study afte study has shown that the best "cure rates" ar achieved by patients whose families participat in their care. The more distant the family, an the fewer the family ties, the lower chances c the victim's ever living normally again.

Finally, don't expect miracles. Schizophreni is a highly complex and exceedingly difficu disease. Even a person who is pronounce "cured" may not be the same as before the il ness. The impact of schizophrenia will alwa be with him—although, indeed, he may be stronger person for it.

# Q. Does Kelvinator pack a coupon for Tide in every new automatic washer?

# A. Do brothers like to wrestle?




You can count on brothers to wrestle in the dirt. And you can count on Kelvinator to pack a 40-cents-off coupon for Tide in every one of their new automatic washers. We think that's a good reason to buy a box of Tide. But before you become a regular Tide user, you'll want to see how well Tide cleans...and we think you'll be impressed.

You see, Tide gets out the dirt your kids bring home, even when they've been wrestling on the ground. We think you'll come to depend on Tide for the rest of your family's wash, too.

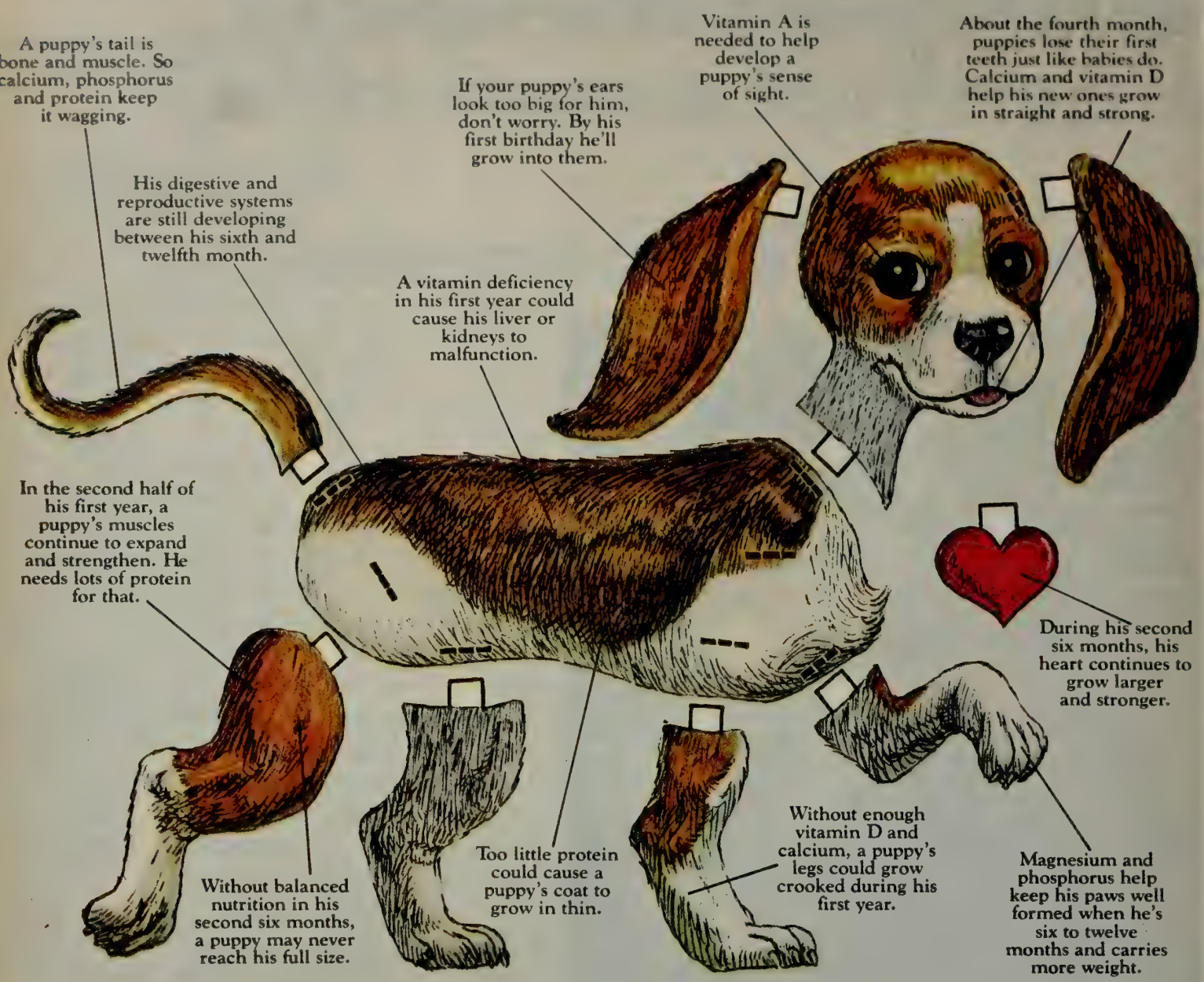


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# IT TAKES A PUPPY A FULL YEAR TO PUT HIMSELF TOGETHER.




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But it's the part you don't see that can fool you.

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So a puppy's need for extra nutrition lasts long after he looks full grown. In fact, he needs extra amounts of specific nutrients until all his inner organs, bones and muscles have completely matured. And that takes about a year.

For example, a puppy needs extra amounts of the right kind of protein while his insides are still growing. Without it, his body might not form enough of the red blood cells that carry oxygen and nutrients to his whole body.

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Not just any kind of protein is good enough, however, to insure this vital internal growth.

Through research we've been able to determine the right combination of protein ingredients that a puppy needs.

So the proteins in Purina® Puppy Chow® puppy food—like all the ingredients—are carefully selected.

That's why Puppy Chow contains the just-right balance of all the vitamins and minerals a growing puppy needs.

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For a full year.




FOR A FULL YEAR TILL HE'S FULL GROWN.

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continued

## Schizophrenia

are attributed to schizophrenics:

● **Distorted reality.** The schizophrenic's perception of persons and events may be markedly different from others'. He may, for example, see a smiling, friendly face as a leering menace, or an inadvertent gesture as a fearsome threat.

● **Delusions and hallucinations.** "Voices" may talk to him; "people" may appear who are not seen by others; h
that his thoughts a
fered with or his b
with in some une

● **Loss of emot
propriate respon**
seems flat, dull, g
little emotion, or
what many would
emotion for the
like laughing at
may seem oblivio
ings and emotions
seems to lack empa

● **Fear and lon**
ing now in a world
lost his anchor, h
ened on all sides.
back completely
remaining in frig
bility for hours or
he may become
wary, suspicious
closest relatives an

● **Disordered**
the words of one
he can no longer
thoughts. He finds
concentrate, talks
He uses concepts
in unusual ways.

Obviously, all
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to a degree at som
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totally in another
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to eat and sleep li
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suffer harmful ef
out his life.

More objective
diagnosis are now
by psychiatrists fr
tries working thro
Health Organizatio
ly, all agree that t
exist in their widel
tries, and that it a
proportion of peop

**Are there differ
schizophr**

Most schizophr
categorized simply
"chronic," corresp
acute and chronic
disease. And suspi
that acute and c
phrenia may actua

nditions.

Some people suffer an acute ack seemingly out of the blue, en recover and never have an- ner. Others seem to exist on e border of breakdown for ars, then finally go over the ink, enter a hospital, and may ver emerge.

Sometimes the terms pre- izophrenic, borderline schizo- renic, and schizoid personality e used to designate persons ose behavior resembles that of hizophrenics, but who are still le to function well without atment.

## What causes schizophrenia?

Like cancer, diabetes, and any other ills of man, schizo- renia apparently develops over long period and for many rea- ns. Genetics, biochemistry, and dividual environment—includ- g everything from family life nutrition—all seem to play a rt.

Some scientists now favor a ochemical explanation for hizophrenia. The schizophrenic ay, for example, show altered vels of certain chemicals in the ain which affect mood or carry pulses from the sensory to the otor neurons. One of these emicals is dopamine, also in- lved in the tremors of Park- son's disease. When schizo- renics are given heavy doses of rtain tranquilizers, they de- lop symptoms like those of rkinsonism, leading to a sus- cion that schizophrenia may re- ct an excess of dopamine.

Another theory centers on an zyme that enables the brain to nvert normal chemicals into ose which can cause hallu- nations or delusions. Schizo- renics may produce too much the enzyme, knocking this pro- ss out of control. Other theories ld that the illness stems from me as yet undiscovered defici- cy of the mid-brain centers, or at it results from an imbalance the excitatory and inhibitory nters.

These theories are partially rne out by the fact that certain ugs, including LSD or the mphetamines, can produce de- sions like those of paranoid hizophrenia.

But is it still possible that the ochemical upset is not a *cause* schizophrenia, but a result? fter all, it's well known that the dy's chemistry changes in nes of excitement—as in the ght or flight" reaction to stress. nd scientists at the University Wisconsin have shown that onkeys raised in total isolation ve brain deficiencies as a re- lt. Depriving a child of love, cording to one theory, may re- tard development of brain path- ways dealing with emotion.




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## Does schizophrenia run in families?

It seems to, but heredity is not the sole factor and perhaps not the most important one. And what apparently is inherited is not schizophrenia itself, but a weakness or predisposition, like a tendency to diabetes, which may or may not develop into an illness.

Genetic studies now indicate that when one member of a family is schizophrenic, the chance that others in the family will also become ill is at least triple that of the general population. Even for second cousins, the risk is significantly greater than for the public at large. Still, no one has yet been able to identify the gene presumably responsible for transmitting schizophrenic tendencies.

And, according to Dr. Robert Cancro of the University of Connecticut, who has been conducting a worldwide review of the genetics of schizophrenia, the belief is growing among researchers that chronic schizophrenia may be inherited, whereas acute schizophrenia is not.

## Are parents to blame for schizophrenia?

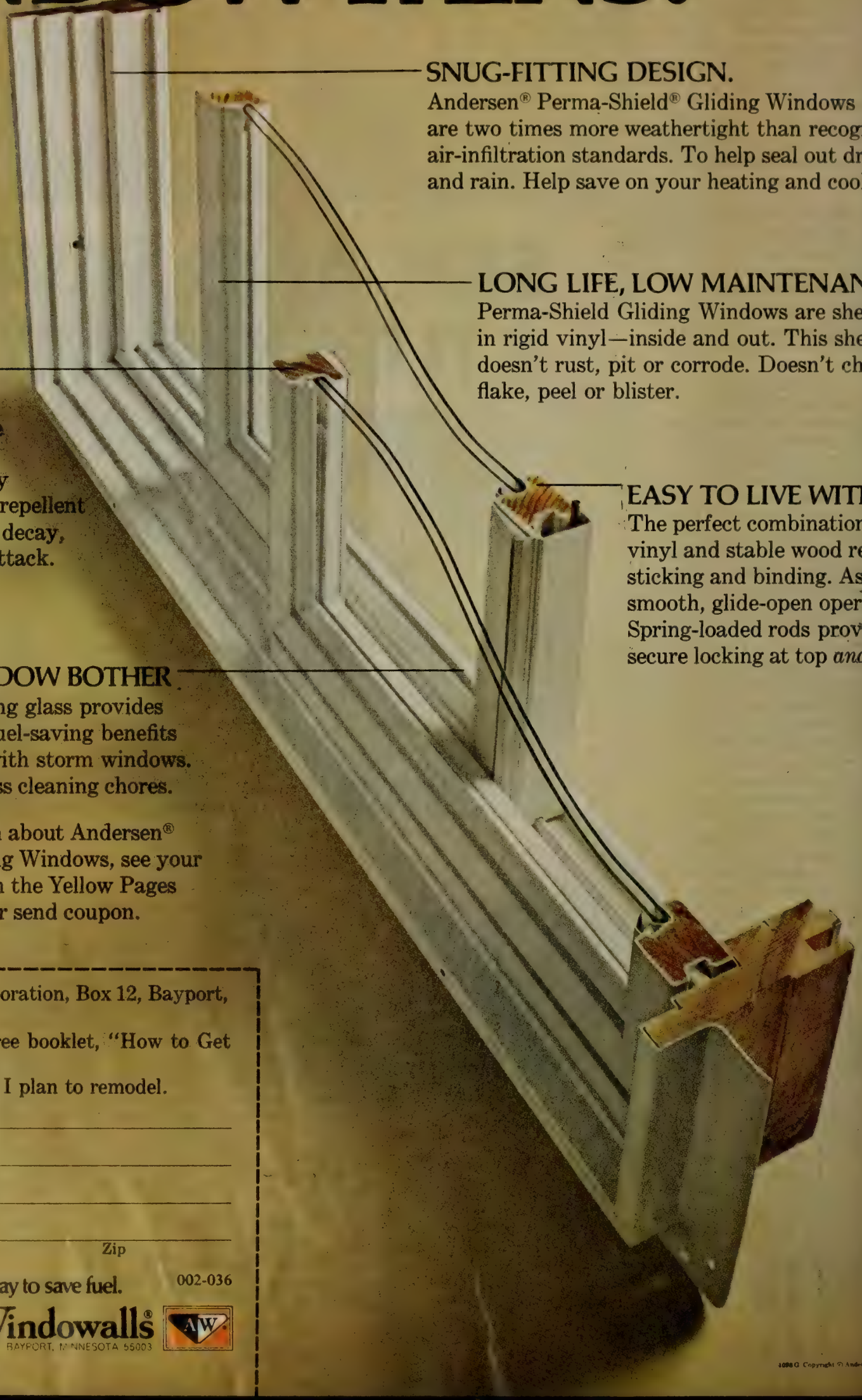
Psychiatrists once drew a picture of what they called the "schizophrenogenic" mother—a cold, rejecting woman who destroyed her children by simultaneously professing to love them and holding them at arm's length. Seeking such characteristics in schizophrenics' mothers, some psychiatrists found what they were looking for—and ignored evidence to the contrary.

The exact role of the family in schizophrenia is still controversial, but all agree that there is a connection. At least three explanations have been offered. One is that the parents send conflicting communications to the child. Like the presumed schizophrenogenic mother, they claim to love him yet treat him without warmth. Another study says that

**continued**

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ed

## :ophrenia

izophrenic has early been out as the family scape- Like children who are "the smart one" and "the ne" and then struggle to to the labels, the schizo- learns to fulfill his par- xpectations by being a n. A third view is that hrenics grow up in house- here censure is more com- an praise.

n other areas of schizo- , family influence is a -egg question. When psy- ts study a schizophrenic's life, they often find tur- out this may be simply nily's reaction to living extremely troubled per- Conflicting communica- may arise, for example, the parent does indeed child, yet is baffled about deal with his disturbing r.

### hizophrenia a young eople's disease?

"first breaks" in schizo- occur before 25, and a mber during adolescence. hizophrenia does some- pear in the 50s and even eems to strike both sexes t equal proportions, al- women are more likely to italized than men.

ren under five also dis- izophrenia-like behavior. elatively new categories ally identified: infantile and childhood schizo- . The autistic child is ex- ly withdrawn, to the point e may not even speak; he gage in strange rhythmic r, rocking back and forth urs. Childhood schizo- s are also withdrawn and unicative, although they do speak.

### hizophrenics violent?

acutely disturbed person he potential for violence. r, since the development quilizers, this threat is re- mong those who receive te care.

despite publicity given to cts of ex-mental patients, one study has shown that discharged from mental s are less likely than the population to commit rimes.

e serious threat, perhaps, e. When anyone, whether diagnosed as schizo- threatens self-destruc- tion, the threat should be taken seriously and treatment sought for him.

### How long does an attack of schizophrenia last?

Most victims of acute schizophrenia can be discharged from the hospital within a month; chronic victims may be treated over much longer periods. According to Dr. Cancro, acute schizophrenia comes on more rapidly, with fewer warning signs, and produces more florid and flagrant behavior than does the chronic variety, which seems more of a part of the victim's general life pattern. The 20- to 30-day treatment period covers the time required for tranquilizers to take effect.

Some psychiatrists believe that if "first break" confinement were longer—say 45 to 60 days—there would be fewer repeaters. Presently, one-third of patients are discharged and never have a second episode of schizophrenia; another third are chronic patients; and the remaining third make up a "revolving door" population. According to NIMH, most of the latter third will be hospitalized again within a year of discharge; the remainder will be back within two years. Among mental disorders, schizophrenia has the second highest repeater rate (alcoholism ranks first).

### How is schizophrenia treated?

Tranquilizers and psychotherapy are currently the main methods of treatment. The drugs, primarily phenothiazine, are given daily to a person with an attack, and help to control the symptoms. Tranquilizers appear to dampen the more bizarre aspects of the patient's behavior, and enable him to think more clearly. After discharge, the victim may be given maintenance medication for at least six months. Psychotherapy is still essential, after tranquilizers have subdued the worst features of the attack.

The primary aim of modern treatment is to return the schizophrenic to the community as quickly as possible. Repeated studies have shown that the longer a person is confined, the more difficult treatment becomes; both he and the doctors give up after a time. The trend is to treat the acute phase of the illness in a hospital, then discharge the patient to a "halfway house" where schizophrenics live together in a community residential setting, or to put him into a day-

**continued on page 42**




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**Medicated Dermassage for abused hands.**

KENT
CIGARETTES
PRESENTS

# SPIRIT OF

## A unique portfolio of Bicentennial lithographs by
## now part of the permanent collecti



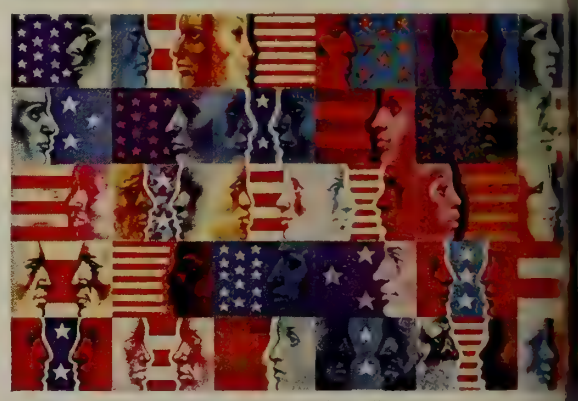

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**Colleen Browning:** "Union Mixer"



**Joseph Hirsch:**
"The Boston Tea Party"



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tions will be arranged by the U.S. Informa
Agency.

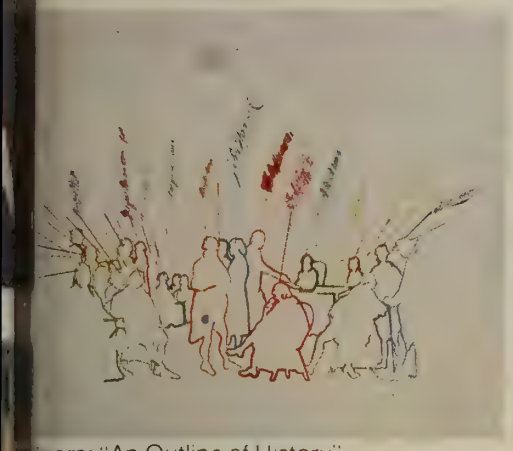
Kent is also making it possible for you to
reproductions of the 12 works of art at nom
cost. Each is reproduced in full color and de
ready to be framed. The portfolio represer
prized Bicentennial acquisition, as well a
beautiful addition to your home or office de

Warning: The Surgeon General Has Determine
That Cigarette Smoking Is Dangerous to Your Health

# NDEPENDENCE

merica's foremost contemporary artists...
8 of America's museums.

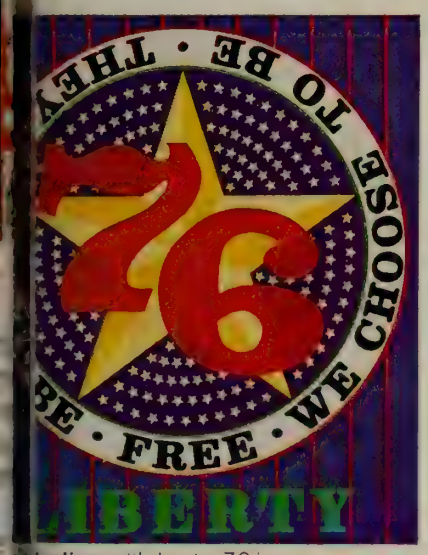
© 1976 Lorillard Corp.



ivers: "An Outline of History"



**Red Grooms:** "Bicentennial Bandwagon"




**Indiana:** "Liberty 76"



**Audrey Flack:** "Fourth of July Still Life"



**Will Barnet:** "Waiting

## ow you can own beautiful reproductions
## the 12 "Spirit of Independence" works of art.

nplete folio / **$5.00** and bottom flaps from 2 packages of Kent Cigarettes.

se send me_____portfolio(s). (Sorry, roductions may not be ordered individu-) I enclose check or money order for $5 2 Kent package bottom flaps for each tfolio ordered. (No cash or stamps, ise.) Each work of art is reproduced on x 17" art stock. (Image varies according riginal size of the artist's work.)

**Address:** Kent Bicentennial Offer
P.O. Box 2038, Hillside, New Jersey 07207

Name_____

Address_____

City_____ State_____ Zip_____

I certify that I am 21 years of age or over_____
Offer good while supply lasts, but in
no event later than December 31, 1976.




: 18 mg. "tar," 1.1 mg. nicotine av. per cigarette, Report Nov. 1975.

continued from page 39

## Schizophrenia

care program at a community mental-health center while he continues to live at home. Unfortunately, there remains a dearth of community mental-health centers or halfway houses.

One technique that appears to have achieved good results with autistics and childhood schizophrenics is behavior modification. By using reinforcement methods for each progressive step, hospitalized children have been coaxed out of their withdrawn and uncommunicative states and into more normal behavior patterns. The program hinges on teaching parents to serve as therapists, thus welding closer bonds between parent and child.

Another treatment that has received considerable publicity is the use of vitamin therapy. "Megavitamins" are said to offset a supposed genetic nutritional deficiency that causes schizophrenia. The highly controversial treatment was investigated by a committee of the American Psychiatric Association (APA) in 1973 and pronounced worthless, if not actually harmful.

Dr. Morris Lipton of the University of North Carolina, chairman of the APA committee, has advised doctors against using the treatment, although advocates claim it has achieved spectacular results in schizophrenics.

Sometimes, in severe cases of schizophrenia, electroshock treatment is used as a last resort to reach a person who has not responded to anything else. First, a patient is given a muscle relaxant and put to sleep with an anesthetic. Then, he is "shocked" by passing an exact amount of electricity through his head by means of electrodes placed on each temple. The use of electroshock therapy is controversial, however, since there's little doubt that running electricity through the brain will damage (if not destroy) brain cells, resulting in at least temporary memory loss.

### Can potential schizophrenics be identified?

Not yet—but a high-risk identification and prevention program is a major objective of research today. Dr. Philip Holzman of the University of Chicago has devised a simple perception test designed to identify schizophrenics and their relatives.

A light is swung in a slow arc before the subject and he is asked to follow it with his eyes. A normal person's eyes follow the light from side to side smoothly, but the schizophrenic's focus is jerky, full of stops and starts and overcorrections—as is that of his relatives. According to Dr. Holzman, the schizophrenic may suffer from a defect of perception which affects not only how he sees the light but explains his delusions, inappropriate emotions, and distorted view of reality.

Other studies have revealed that children of schizophrenic mothers show brain-wave patterns unlike those of children of normal mothers, and that preteen children show more instability of the autonomic nervous system than do offspring of normal parents. One test has even shown that the newborn child of a schizophrenic parent displays a heart rate different from that of other children.

### What are the signs that a person may be schizophrenic?

Obviously, indications of schizophrenia vary greatly between individuals, but there are s general danger signs.

According to authorities, should be alarmed about a son whose behavior seems to changed markedly, especiall it becomes increasingly str and "out of character." young person who cuts him off completely from others who seems to have no fri whatsoever may also be a po tial schizophrenic. The pe who appears afflicted with natural fears, or whose thin seems scattered and disorgan may also be in need of help may the person who lives imaginary companions or h "voices."

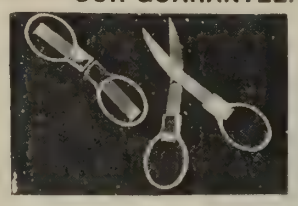
At the same time, psychiat acknowledge that many crea works are produced by bor line schizophrenics or person sembling schizophrenics. Ap ently their inspiration co from the very distortion of re that can be a danger sign schizophrenia. "The key q tion," says one psychiatrist, 'Can he cope?' If he can, he not be schizophrenic at all, merely a person who marche a very different drummer." ■

*(Written in cooperation Edwin Kiester, Jr., a noted m cal writer.)*


# WEAVING FOR FUN AND PLEASURE

Weaving was a necessity in Colonial United States. Today it is strictly for pleasure—a means to express yourself. Weave anything from a wall-hanging to a bedspread, but in a design and color combination you create. Your results will be satisfying and rewarding. This hardwood loom is of professional quality and will last for years. Handcrafted and finished like fine furniture, it's also a great decorator piece. Loom is available in 2 sizes, 15″ or 20″ widths; kit comes complete with heddle, shuttle, all necessary hardware, and complete instructions.

**OUR GUARANTEE: Full refund if not completely satisfied.**



**Folding Scissors** Ideal for hobby crafts, sewing kits, and needlework. Keep handy without the danger of sharp points and blades. Quality stainless steel, scissors fold inside themselves. Can be safely carried in purse or on a chain around your neck.

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AMERICAN EXPRESS

## How To Order

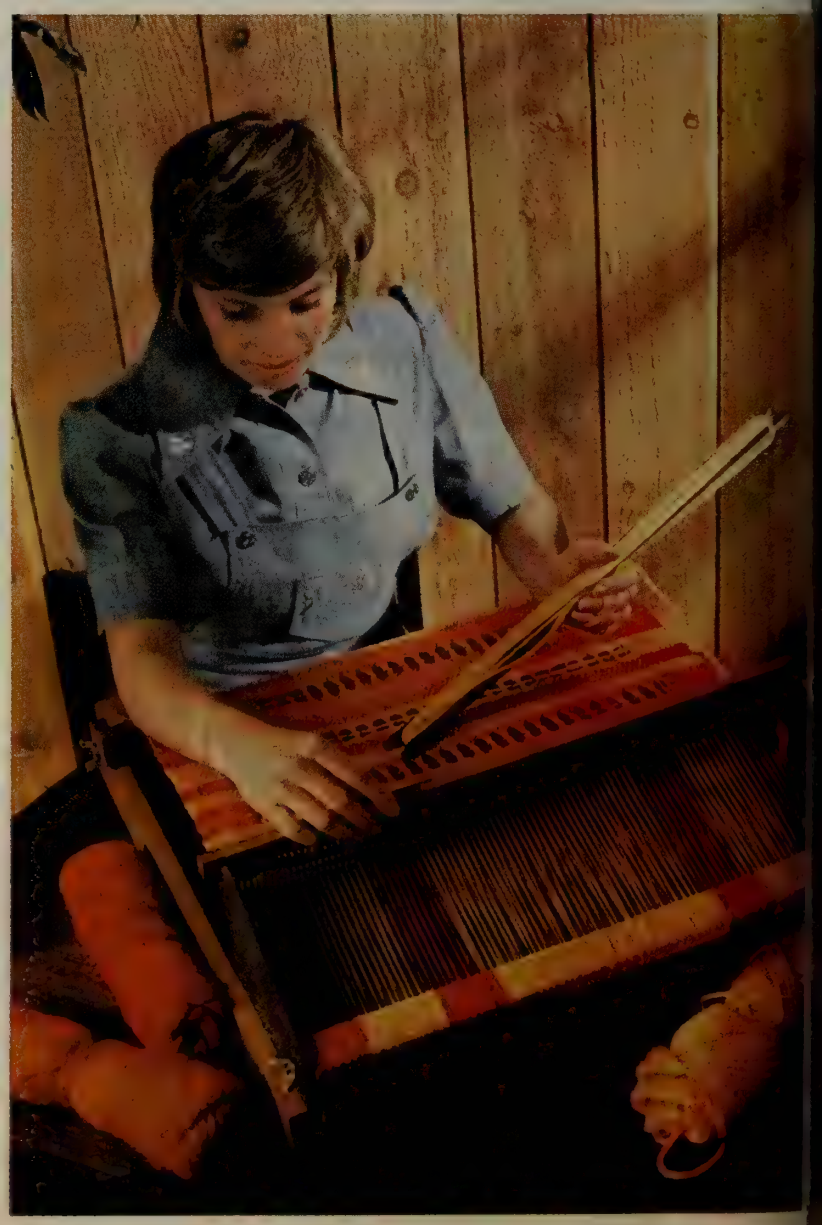
**Prices:** No. 11035 15″ Weaving Loom $18.99, 2 for $35.98. No. 11036 20″ Weaving Loom $20.99, 2 for $39.98. No. 13158 Folding Scissors $3.49, 2 for $6.48.

*Please include postage and handling. For orders up to $5 add 60¢; $5.01 to $10 add $1; $10.01 to $15 add $1.35; $15.01 to $25 add $1.70; over $25 add $2. Please include applicable sales tax.*

1. Specify number of item(s) desired.
2. Send name, address, order and remittance to:

**Better Homes and Gardens, Dept. 2CZ**
**Box 374, Des Moines, Iowa 50336**

If you wish to use your credit card, be sure to give the interbank number, your credit card number and expiration date.



True Temper wants you to have a happy Spring!

# The "Eager Beaver Sale" is a lot to be happy about!

True Temper wants to show you how economical home gardening can be. We thought the best way to do that is to start with the right tools: True Temper tools. True Temper tools are economical for you two ways. First, they're built by master craftsmen to last through many seasons of gardening. So you save money in the long run. And second, the "Eager Beaver Sale" means you can save money in the short run, too.

Don't miss out. Your participating hardware or gardening store has a complete selection of the True Temper tools included in the Eager Beaver Sale. Be sure to see the Eager Beaver Specials, March 1 — April 10, 1976, while the savings last . . .

Then go out and plant something nice. With True Temper.

| | | | |
|---|---|---|---|
| #122 | Lopping Shear | Reg. $ 8.99 | **Now $ 6.95** |
| #TD | Hedge Shear | Reg. $ 8.99 | **Now $ 6.95** |
| #D2713 | Spreader | Reg. $34.99 | **Now $27.95** |
| #TG16 | Grass Shear | Reg. $ 5.29 | **Now $ 3.99** |
| #HH2 | Hanger | Reg. $ 3.19 | **Now $ 2.15** |
| #B15 | Bow Rake | | **Only $8.99** |
| #G062 | Hoe | | **Only $8.49** |

**SPECIAL OFFER!** Send $1.00 and sales receipt for purchase of any True Temper tool and receive our helpful "Gardening with True Temper" brochure and 4 packets of assorted vegetable seeds . . . a $3.50 value for only $1.00. Send $1.00 (check or money order please) along with your sales receipt to: Special Offer, True Temper Corporation, 1623 Euclid Avenue, Cleveland, Ohio 44115.

Name_____

Address_____

City_____

State_____ Zip_____

(Offer expires Dec. 31, 1976.)



**TRUE TEMPER®**

*An Allegheny Ludlum Industries Company*



# You can take this shrimp and make a good dinner for two.



## Or a great dinner for six.

**Shrimp Cantonese with Rice.**
3 cups hot cooked rice
12 ounces peeled, deveined raw shrimp, halved lengthwise
2 tablespoons butter, margarine, or vegetable oil
2 cups diagonally sliced celery
2 cups sliced onions
1 quart (8 ounces) fresh spinach leaves
1 can (16 ounces) fancy mixed Chinese vegetables
¼ teaspoon pepper
¼ cup soy sauce
1¼ cups chicken broth
2 tablespoons cornstarch

While rice is cooking, sauté shrimp in butter for 1 minute or until shrimp turn pink, using a large skillet. Add celery and onions. Cook, stirring, 2 minutes. Add spinach and Chinese vegetables which have been rinsed and drained. Cover and cook 1 minute. Blend pepper, soy sauce, chicken broth, and cornstarch. Stir into shrimp-vegetable mixture. Cook, stirring, until sauce is clear and thickened—about 2 minutes. Serve over beds of fluffy rice. Makes 6 servings.

For other menu-stretching recipes, write to:
Rice Council of America, Box 22800, Houston, Texas 77027.

Name_____
Street_____
City_____
State_____ Zip_____

©Rice Council for Market Development 1975

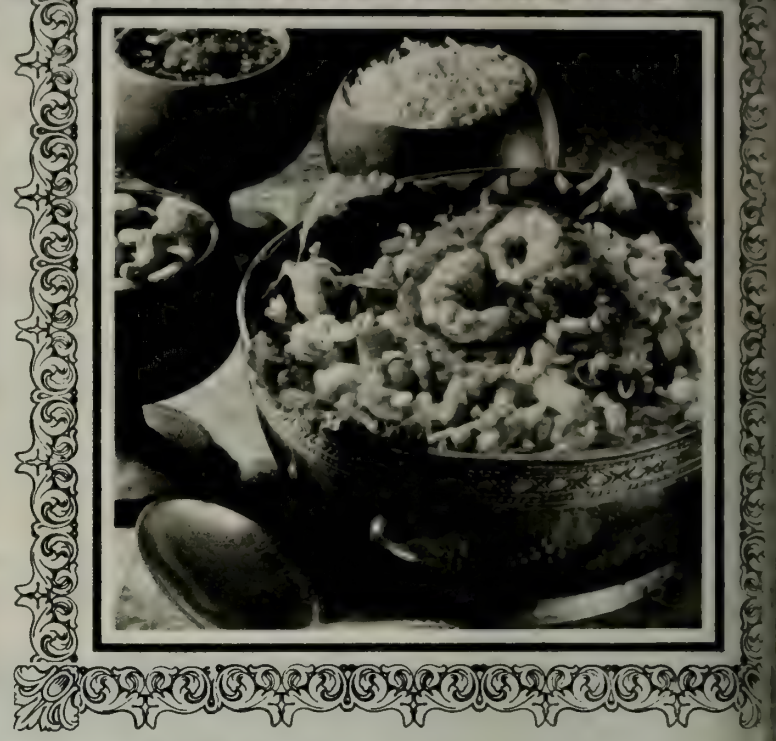
## RICE.
## A great eating idea whose time has come.

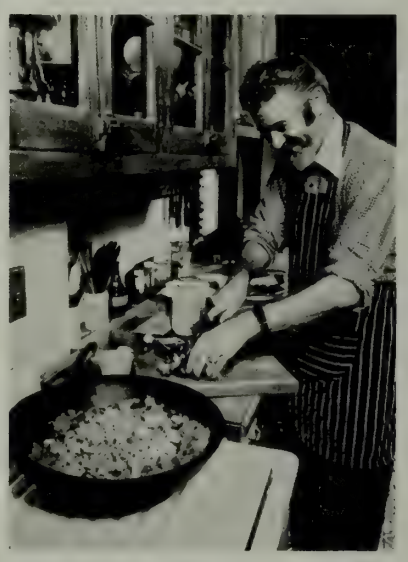
FAMILY FOOD IDEAS






# Shrimp Salad Masterpiece





Photographs: Dieter, Helms

Martin Ries of Scarsdale, New York, is an artist first. "Everything else is moonlighting," Martin told us, referring to his associate professorship at Long Island University, his work on a combination art-cook book, and his creative cooking.

As the oldest of six children, Martin learned his way around the kitchen early. Although he says his cooking experience probably started with a roasted peanut butter sandwich, he has branched out considerably from there. "Some of my recipes are too kooky to print," Martin wrote. But his Shrimp Salad Masterpiece definitely doesn't fit that category. Not only can his wife, Dianys, and their four children attest to its great taste, but gu too, find it special. Martin se his substantial main-dish s with champagne or a white w followed by cheese and for dessert.

**SHRIMP SALAD MASTERPIE**
*Serve coconut, nuts, and chu as condiments the way you w for any curry—*

**1 6-ounce package curried rice mix**
**2 cups cleaned, cooked shrim halved lengthwise**
**1 cup diced celery**
**½ cup diced green pepper**
**4 slices bacon, crisp-cooked, drained, and crumbled**
**½ cup whipping cream**
**½ cup mayonnaise or salad dressing**
**1 teaspoon curry powder**
**Lettuce**
**Shredded coconut**
**Cashew nuts**
**Chutney**

Cook rice mix accordin package directions; cool. Res 6 shrimp halves for garnish bowl, combine the remai shrimp, the cooled rice, ce green pepper, and bacon. W cream to soft peaks (tips over); combine with mayonn and curry. Stir into rice mix Cover; chill. To serve, turn s into lettuce-lined bowl; top reserved shrimp. Pass coc cashews, and chutney. Mak servings. ■

THE TEST KITCHEN

# oring taples

u spot a staple item on grocery store, your e probably is to snap ain. But bear in mind m is only a bargain if y likes it, if you can gh space to store it nd if you can use it storage time limita- sale-priced staple that hreefold test really is he bank. Here's how our windfall.

## STORAGE AREA

mum temperature of area should be be- and 70 degrees with Avoid areas near the igerator exhaust, hot , and radiators.
ples on shelves or at hes off the floor.
shortens shelf life, dows should be cov- ially if glass storage are used.
aning supplies and in- a place away from ms.

## RING STAPLES R STORAGE

glass, and metal con- tight-fitting or sealed rodents, insects, and t.
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## OF STORAGE

aples will last a long entually you'll notice ality.
re optimum-quality s for various staples:
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*milk*—6 months
an airtight container)
months (transfer to t container)
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*try mix*—9 months
*and oils*—6 months
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onths in an airtight
—9 months (transfer ght container)
*es*—6 months
onths ■




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# SNAP, CRACKLE, POP~ HOW TO WIN THE STATIC BATTLE

Static is a wintertime peeve that plagues us all. No woman enjoys a clinging knit skirt that insists on curling around her body, sticking to her slip, and crackling every time she stands up or sits down. And what man likes to endure slacks that stick to knee-high stockings? Even a baby lets out a yell when those flannel sleepers "bite."

### YOU CAN WIN THE STATIC BATTLE

You can do it by adding moisture to the air and anti-static finish or fabric softener to the laundry.

Static cling results from friction between fibers in cold, dry weather. Static charges are dissipated by the moisture content of natural fibers. Man-made fibers, however, have very little moisture content of their own so static charges may build up on clothes, causing cling and shocks.

When a fabric softener is used, the lubricating film on the fabric absorbs moisture from the air, providing a path for the discharge of the cling.

An anti-static finish contains a chemical that helps fabric attract and retain water which will carry off the charges.

Textile finishing companies today use many different finishes. They're applied to loose yarn or special pieces of the garment to prevent electrostatic charges from building up.

### HUMIDIFIERS

In the wintertime you may have a dry throat or feel chilly even though the temperature in the house is high and the heating system is working well. Both your symptoms indicate that your house is too dry, and dry air creates the perfect environment for static. The best way to add moisture to the air is with a humidifier.

If you heat your home with forced air, incorporate a humidifier in the central heating system. If you have steam, hot water, or electric heat, use portable one-room humidifiers. ■



▲ Peas and Celery


▲ Peas and Cauliflower with C


▲ Corn and Peas with Tomato


▲ Mixed Vegetables with Onio


▼ Peas and Potatoes with Cream Sauce ▲ Peas with Sliced Mushrooms





▲ Rice and Peas with Mushrooms ▼ Peas and Pearl Onions



# ds Eye® peas will do almost anything to get your husband's attention.

little peas. They're the favorite vegetable of a lot of husbands, but all emselves, they're not the sort of vegetable that cause a lot of ement at dinner. Your husband probably doesn't even notice them.

That's why Birds Eye® put peas in Combinations with lots of other hings.

Like Peas with Pearl Onions, Peas with Mushrooms, and Peas with n Sauce. They're more delicious than plain peas. And a lot more esting.

They try so hard to get attention, your husband can't help but notice.

Of course, peas aren't the only vegetable that could use a little tion. So Birds Eye makes many other tasty ination Vegetables, too. Like Carrots with n Sugar Glaze, for instance. And French n Beans with Toasted Almonds.

But, all in all, no vegetable comes in as Combinations as peas.

Because when you're as common as a pea, y to get attention in as many ways as you can.




BIRDS EYE **Birds Eye® Combinations.**

**The first vegetables your husband might even notice.**

graphs are approx. 2 times actual size.


## Chili: for dipping and dining

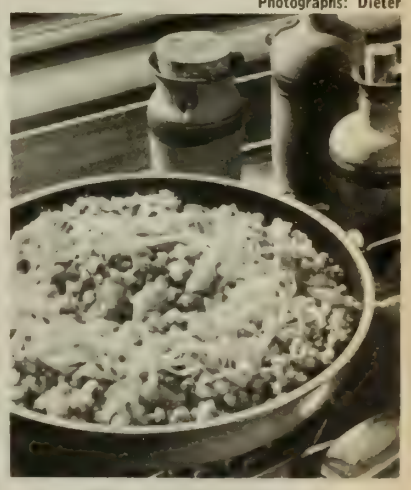


**PRAIRIE FIRE DIP**

- **1 cup (½ of 15½-ounce can) refried beans**
- **½ cup (2 ounces) shredded provolone cheese**
- **⅓ cup beer *or* water**
- **2 tablespoons butter or margarine**
- **1 tablespoon minced onion**
- **1 clove garlic, minced**
- **2 teaspoons chili powder**
- **Dash bottled hot pepper sauce**
- **Large corn chips**

In saucepan, combine the beans, cheese, beer or water, butter or margarine, onion, garlic, chili powder, and hot pepper sauce. Heat and stir till hot through, about 5 to 10 minutes. Transfer to small fondue pot. Serve with corn chips. Makes 1¼ cups dip.

Photographs: Dieter



**CAMPER'S MEXICAN HASH**

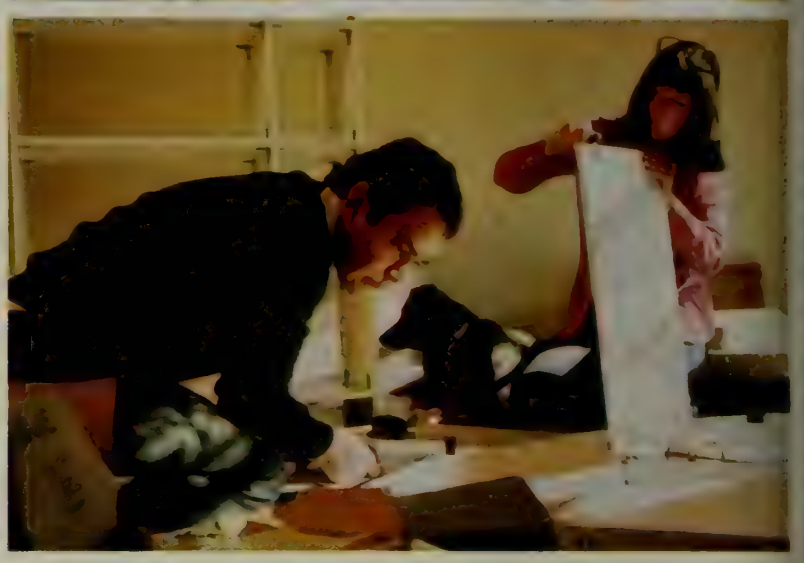
- **2 15-ounce cans roast beef hash**
- **1 16-ounce can tomatoes, drained and cut up**
- **1 4-ounce can green chilies, drained and chopped**
- **1 cup (4 ounces) shredded monterey jack cheese**

In a cold skillet, stir together hash, tomatoes, and chilies. Bring to boiling. Reduce heat; simmer, stirring often, 15 to 20 minutes or till the excess liquid evaporates. Sprinkle cheese atop hash mixture. Cover and heat till cheese melts, about 1 to 2 minutes. Makes 4 servings. ■









# FIT-TOGETHER FURNITURE

## assemble it yourself and save money

By Richard W. Jones,
Pamela Wilson Cullison,
Robert E. Dittmer

If your idea of fit-together furniture is fiberboard and faulty construction, or kits that come with missing pieces, you're in for a big surprise. Today's breed of easy-to-assemble and kit furniture offers a variety of beautiful benefits, and on these six pages we'll show you exactly what they are.

If you've never given thought to this kind of furniture before, you'll be glad to know that easy-to-assemble can also mean easy-to-afford. Best of all, fit-together furniture offers good value for your money, *and* good looks, too.

### WHAT'S THE DIFFERENCE BETWEEN EASY-TO-ASSEMBLE AND KIT FURNITURE?

*E-T-A* (also called "knock-down" or "KD") is finished, ready-to-go furniture that comes unassembled in pieces, modules, or component parts. Few, if any, tools are needed to fit the parts together, so assembly is usually quite quick and easy.

*Kit* or "ready-to-finish" furniture comes not only unassembled, but unfinished —you do all of the putting together and painting or finishing yourself. You order the kits by mail, and— depending on the amount of care you put into the finishing —you can create an authentic reproduction that could compete with the finest furniture sold in stores. In many instances, you'll save lots of money, too.

### WHERE DO YOU FIND KD AND KITS?

You may have to do some sleuthing for KD furniture because retailers aren't consistent about where they display it in their stores. If you can't find it in the furniture department (where you'd logically expect it to be), look in the housewares department, or even the hardware section of the store. *Kit* furniture is usually ordered by mail.

**As a special service, we're providing an order form for some of the kit furniture we're showing here. The form is on page 140.**

## the nine-to-noon living room

We decided at the outset of this story that it wouldn't be fair to tell you that fit-together furniture is a snap to assemble until we verified it for ourselves. To do just that, we went to the home of one of our editors, moved all of her furniture out of the living room, and started all over again.

It took three hours for two of us to unload and carry boxes and cartons from the car, assemble the furniture, and come up with the finished results that are shown in the photos at right. (We cheated a little by getting a head start on the Shaker rocking chair and dining chairs. They came in kit form and had to be assembled *and* painted beforehand.) Diagrams and instructions were provided in every box, and all were easy to understand. When you get your fit-together furniture home from the store, check to make sure that all the pieces are there. If not, contact the store right away

ith the exception ▼ of the lamps, every piece of furniture in ur nine-to-noon room eady-to-assemble from r a kit. The natural unge chairs with plaid cushions are sturdy ry comfortable. bly takes minutes. like these would be at home in a family r lighthearted living The cushions are le in a big selection of and natural colors, in n to the plaid shown. re's nothing compli- bout putting together dular bookshelves and fee table. All you do is black plastic con- into the notches of te lacquered panels. panels come in three nd can be pooled to l kinds of storage and units. With modules, what you need now, d on later.



t will take you ◀ about five minutes to set up the natural pine trestle table and have it ready for dining. Here we have it set for two, but it could seat six easily. The simple Shaker reproduction chairs come unfinished in a kit. Depending on your decor, you could paint them as we did, or stain them in a natural finish.

*Approximate retail prices: Armless lounge chairs with tufted cushions —$70 each; Trestle table —$85; Bookcase as shown —$220; Coffee table, base only—$55; Glass top—$41; Dining chairs, unfinished from kit—$35 each, plus shipping; Rocking chair, unfinished kit—$85 plus shipping.*

**For information on how to locate the dealers nearest you, turn to page 120**





Photographs: Mike Dieter

# FIT-TOGETHER FURNITURE

## the put-together porch

Three rocking chairs ▼ are better than one, especially when they're as good-looking as these are. Perfect on a porch or in the house, the rockers come disassembled in three easy pieces. The frames are pine, and the seats and backs are palm that has been handwoven by Mexican Indians. You can buy the chairs unfinished or with a clear varnish finish as shown.

The etagere in the background is knockdown, too. Versatile, functional, and adaptable to a variety of arrangements, the etagere is made of sturdy, furniture-quality plastic molded to loo like bamboo and wicker. The unit is 72 inches tall, and ea shelf measures 32x12 inche The white finish resists scrat and comes clean with a quic sponge-off. When summer i over, simply move the shelf unit into the house.

**It's as easy as 1-2-3 to ▼ assemble this pine-and-palm rocker. Six bolts come with each package, and the only tool required is a screwdriver.**



**All you need is a rubber ▼ mallet (or just your hands if you're strong) to assemble the component parts of this decorative plastic etagere.**



*Approximate retail price Mexican rocking chair wi clear varnish finish—$40 pl shipping; five-shelf plas etagere—$80.*

**Buying information, page 1**





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# FIT-TOGETHER FURNITURE from a kit



Photographs: Mike Dieter. Designer: A. Jay Mortensen

**TIME—WHAT TO EXPECT**

One thing we do suggest is that you spend time sanding all pieces well before assembling and finishing. You don't *have* to sand, in order to apply the finish, but sanding can make the difference between a fiddle and a Stradivarius.

**SAVINGS—WHAT TO EXPECT**

Usually you can expect to save at least 50 percent by purchasing the kit. If you went to a furniture store to buy a reproduction of comparable quality, you could easily pay two or three times the unfinished kit cost.

---

**For price information and how to order, see page 140.**



# FIT-TOGETHER FURNITURE

## use it to enhance what you already have

There's no need to apologize for furniture that comes out of a carton or kit. Most of the easy-to-assemble and ready-to-finish furniture being made today is so good-looking that you could furnish a whole room with it, and no one would be the wiser. But what if you don't want a whole room of KD? Try incorporating just a pie or two into your existing decor. It's a thrifty way to enhance your style of living



Here and on opposite page is a family room we designed to combine the best of both worlds —KD and conventional. Around an old oak table that we've covered with a blanket are four soft and comfortable lounge chairs that you buy unassembled and fit together with ease. The loose, velvety cushions are held in place by a sling that's attached to the chrome arms and legs. The only tool you need for assembly is a key wrench that comes with the package.

And how about a wall storage system that consists of cubes—some with doors, some with drawers, and some without? With modules like these, you can create countless combinations for a multiplicity of uses in any room in the house. All it takes is a screwdriver to assemble the cubes and steel bases.

If space is short in your house, consider a drop leaf table like this one and contemporary chairs that stack. This particular Shaker table is 72 inches long, and comes in kit form. All materials—stain, glue, sandpaper, and instructions —come with the kit.

The plastic chairs can't be beat for strength, durability, and simple, eye-pleasing design. Available in a variety of colors, the chairs come disassembled, packed in easy-to-carry boxes.

*Approximate retail prices: Low-back lounge chair with cushions—$105; High-back lounge chair with cushions—$125; Plastic cube system—$272 as shown; Plastic stacking chairs—$33 each; Shaker table—$170 Express coll.*

**For buying information, and to order Shaker table, turn to page 120.**



**A key wrench comes with these comfortable contemporary chairs to make assembly easy.**

# A TASTE OF HIDDEN VALLEY RANCH® BUTTERMILK SALAD DRESSING WILL TELL YOU WHY EVERYONE'S TRYING TO IMITATE OUR TASTE.




Thousands of people came to Hidden Valley Guest Ranch just to eat our fresh, lively salad dressing. It became so popular we packaged it for the home. It's not surprising, then, that some companies are now trying to imitate our great, creamy, taste.



We're flattered because it only proves how smooth, and delicious our unique salad dressing is.

Just take the Hidden Valley fixings, mix them up fresh with mayonnaise and buttermilk, and you end up with the most extraordinary bowl of salad dressing.

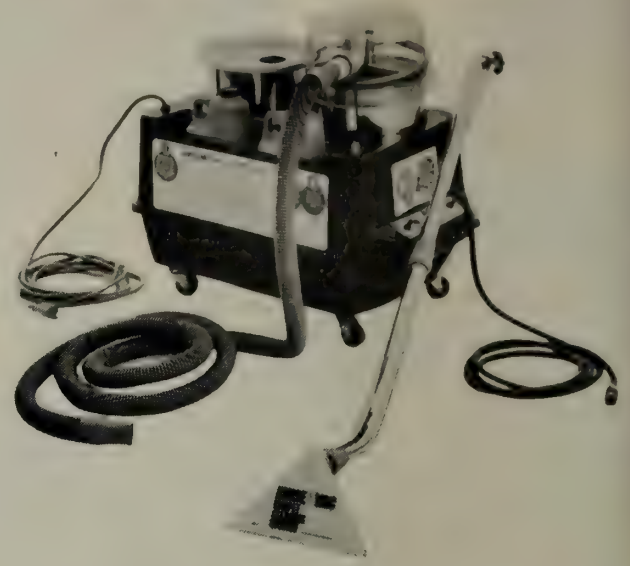
Try Hidden Valley in all five flavors. *After all, why eat a copy when you can have the Original.*







# GOOD NEWS



Clean your carpets right down to the backing with this port hot water injection carpet cleaning system. (Sometimes system is called steam cleaning. Actually, the water is m tained at about 180 degrees—hot enough to do a thorough but without the hazard of a tank of steam under pressure.)

Here's how the machine works. A spray nozzle direct intense spray of the cleaning agent down into the carpet fi dislodging (as well as dissolving) dirt and grime. Then, be the solution has had time to soak the carpet fibers, it is dr back up into the receiving tank by the powerful vacuum.

Since the vacuum head is made of transparent acrylic. can actually tell when all of the used solution has been suc out of the carpet. And when you finish an area and empty receiving tank, you'll be flabbergasted at the quantity of g removed from the carpet.

*Rinse N Vac Carpet Cleaning System* rents for $12 to $15 day through grocery, hardware stores. Necessary clea chemicals make the total cost for cleaning carpets in an ave home a maximum of $30 to $35.



This nifty little tool eliminates a nasty little job—it mak caulked joint look neat. Ideal for removing excess caul around tubs, windows, sinks, and bathtubs, the tool works with silicone rubber, latex, and acrylic caulks.

Just apply the caulk following the directions on the tube. T press the tool into the joint so that leading edges are flush both surfaces, and push along the joint. Excess caulk is lif leaving the joint smooth and watertight.

*Excess Caulk Remover,* $1.49 in paint and hardware dep ments. Advanced Manufacturing & Distributing Corp., 19 61 St. N.E., Seattle, Wash. 98155.

**continued**



## Sears Perma-Prest® Cape Cod Curtains

### America's favorite curtain style in America's favorite colors.

Sears "Inheritance" Cape Cod Curtains. They make your home look as fresh as springtime all year long.

It's a breeze to keep them crisp and perky. The 50% polyester and 50% cotton Perma-Prest® fabric is specially woven to drape properly. It machine washes, tumble-dries and there's no ironing.

Sears "Inheritance" Cape Cod Curtains come in sixteen fashion colors. And seven sizes to fit most every window. What's more, each size is an extra-full 84 inches wide, to gather into deep, rich folds.

The little extras: each ruffle is pleated with *two* stitches to even up the ruffling. The corners are rounded to make a prettier hanging curtain. And every curtain is inspected 23 times before Sears will sell it to you.

Sears "Inheritance" Cape Cod Curtains. As pretty as their price. At most larger Sears, Roebuck and Co. stores now and in the catalog.

**From Sears Open Hearth Collection**

**Only at** Sears

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Just imagine yourself in a greenhouse, working with plants whenever you please. Imagine too, that it's a Lord & Burnham greenhouse, the best there is . . . and there's no limit to what you can grow.

Our free catalog will help you imagine. It will help you learn more about us, about our greenhouses, and about greenhouse gardening. You'll discover we're the oldest and largest manufacturer of greenhouses in the world. And, we're the only greenhouse manufacturer with nationwide service. We have a man near you, who will help you select the site, the greenhouse, and accessories best for you. He cares. *So why wait any longer? Send for our free catalog today.*



**LORD & BURNHAM** *the greenhouse people*
Division Burnham Corporation **IRVINGTON N.Y. 10533**

Dept. 2


# GOOD NEWS





Here's a rotary tiller sized to suit the average family garden plot. The machine weighs just 51 pounds, and folds to take up less space than a mower.

The spring-steel tines slice through sod and cut deep into the soil to create a six-inch-deep seedbed. The 18-inch tilling width takes most of the work out of the original preparation. With the garden grown, you can easily guide the compact machine through it to keep the soil loose and weeds under control. Remove the outer tines and you can cultivate between narrow rows or keep borders around flower beds looking neat.

The tiller is powered by a durable two-horsepower engine. For safety's sake, power is controlled by a "deadman clutch." Grip the handle and tilling starts; release your grip to stop.

*Gilson Compact Tiller,* $189.95. Gilson Brothers Company, Box 152, Plymouth, Wis. 53073.

There's no such thing as a perfect all-around glue, but if you do a lot of woodworking this could be the only glue you'll ever need.

It grabs fast and sets fast. Clamping parts for 30 minutes is all that's needed for most projects. (The glue does gain in strength over a 24-hour period, though.) It works equally well on both hard and soft woods. And paints, varnishes, lacquers, and water won't soften it, so you can finish with just about anything.

While the glue is still wet, it's water-soluble. That means you can easily wash it off your hands or tools. It also does not generate toxic fumes, and it is nonflammable as well. And the glue offers one other benefit that finish carpenters have long been waiting for: you can sand glued joints smoothly without gumming your sandpaper.




*Elmer's Professional Carpenter's Wood Glue,* from $1.65 for an eight-ounce dispenser bottle to $16.50 for a gallon. Borden Chemical, 1800 E. Broad St., Columbus, Ohio, 43215. **continued**

# Look ma, no fingerprints.



When we talk to people about their refrigerators, one point that almost always comes up is fingerprints on the doors. So, we decided to do something about them.

Now you can buy a Whirlpool refrigerator-freezer that has textured steel doors. They're strong. They're attractive. And best of all, they're designed to minimize fingerprints.

Of course that's just the beginning of the benefits you'll enjoy with a new Whirlpool refrigerator-freezer.

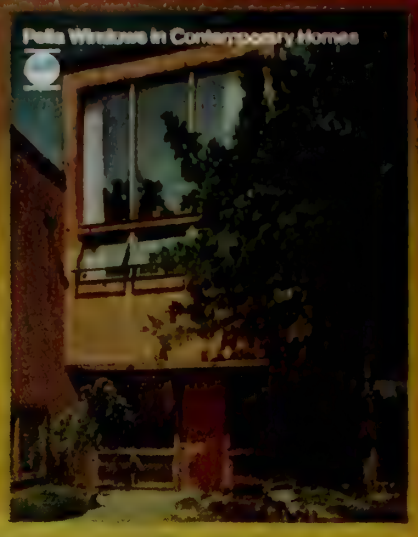
Nifty things like water and ice through the door. Our Activated Charcoal Filter. Crispers with special humidity seals. And, on most models, the Whirlpool easy-to-clean, long-lasting, porcelain enameled interior.

Put them all together and you're talking about one of the best refrigerators ever made.

Whirlpool
Home Appliances

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ADDRESS_____

CITY_____ ZIP_____

BHG-3


# GOOD NEWS



This high-pressure cleaner literally blasts away dir the unit the ultimate cleanup weapon. It's similar to high cleaner systems used in drive-in car washes, but this scaled for home use.

Compact size has been achieved with no sacrifice in efficiency. The powerful pump drives detergent a through the nozzle at 550-pounds per square inch. That to strip peeling paint from your house or make the barbecue pit look brand-new. You can use the machine masonry or concrete floors. And you can wash exterior through the screens, cleaning both at the same time.

The machine is great for cleaning garden equipmer peel clumps of grass from the bottom of a mower deck clods of clay off your tiller. Point the cleaner into the s will deep-water roots of trees and shrubs.

If you're a fastidious car owner, you'll really be impre how easy it is to peel dirt from wheel wells, clean beneat trim, and strip oily grit from the engine compartment. I your engine will look as if it had been professional cleaned.

*Liquid Brush Model LS,* $219. Britt-Tech Corp., Britt, I



If car care is your idea of a labor of love, you may sander/polisher just about indispensable. Attach the disk and you're ready to tackle auto body projects the professionals do. With the polishing bonnet in place, it to buff even the toughest car wax into a beautiful, p shine.

A 1.25 hp motor drives the disk at 2,200 rpm. The unit all roller- and ball-bearing construction in a durab housing.

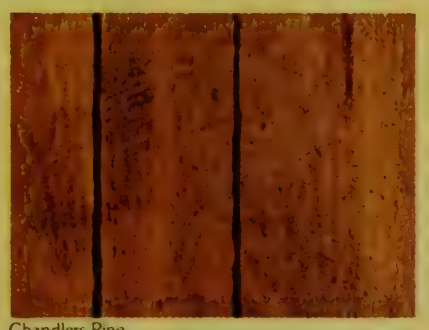
*Black and Decker 7960 Sander/Polisher,* $54.99. B Decker Mfg. Co., Towson, Maryland 21204. ■



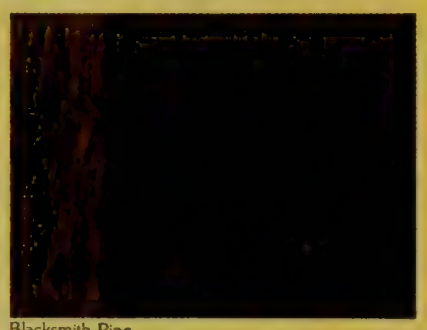
Chandlers Pine/Pine veneered plywood ¼"

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# "Feminine Itching Was Making My Life Miserable."

*"I was constantly worried about my itching problem. I tried so many things, and nothing really helped. Feminine itching was making my life miserable. Then I saw an ad in the newspaper for Vagisil—a new way to help stop feminine itching. I tried it and it really worked."*

*Mrs. S. T., Richmond, Virginia*

If you suffer from external vaginal itching, there is now a creme medication specifically formulated to bring fast, temporary relief. Called Vagisil,™ it's available without a prescription.

Doctor-tested Vagisil is a gentle, easy-to-apply medication that helps stop external vaginal itching almost instantly. Vagisil leaves a cooling, protective film to help check bacteria, soothe irritated membranes, and so speed natural healing. Get Vagisil at all drug counters. Delicately scented. Greaseless. Non-staining. For trial tube, please send 25¢ to Vagisil, Box 328 BM, White Plains, N.Y. 10604. **Vagisil**





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# DID YOUR GET-UP-AND-GO GET UP AND GO?

You know how it feels. You wake up full of zip. You're all set for a good day. But as the day wears on, you begin feeling fizzled out.

You need something to pick you up.

You need Vivarin.

Vivarin is a gentle pick-me-up. The active ingredient that makes Vivarin so effective is the caffeine of two cups of coffee squeezed into one easy to take tablet.

Vivarin...it can help put the get-up-and-go back into your day.





**PETS** Douglas M. Lidster

# Rabies: Is it still a threat?



Man has long dreaded rabies, and with good reason. The disease is contracted from the bite of a seemingly insane animal and leads to a grotesquely painful death. While there still is a very real threat of rabies from wild animals, the incidence of the disease in pets can be completely eliminated—if their owners will just obey rabies vaccination laws and keep those shots up to date.

Unfortunately, the subject of rabies is still clouded by misconceptions and old wives' tales. To help separate fact from fiction, here are answers to seven commonly asked questions about rabies.

### WHAT IS RABIES?

Rabies is a virus disease that can infect any warm-blooded creature. It attacks the central nervous system, causing convulsions, paralysis, and, ultimately, death.

Carnivorous animals (especially skunks, foxes, raccoons, dogs, and cats) and bats are more likely to be infected than other animals. Rabbits, squirrels, chipmunks, rats, and mice rarely transmit rabies.

### HOW IS RABIES SPREAD?

The rabies virus is present in the saliva of the infected animal, so a bite is the most common form of transmission. However, an infected animal can spread the disease simply by licking around a person's eyes and mouth or over tiny cuts on the hands and arms. Also, strong evidence indicates that the rab may become airb areas where there i concentration of animals. A bat cav classic example.

### IS THERE A CURE FOR RABIES?

No. Rabies is invaria to the infected pe animal once the sy are apparent. (Bats and are possible exceptions; Fortunately, the disease's tion period is long—fro days to a year—so there time after being bitten fo son to contact a doctor the anti-rabies treatment

### ISN'T THE ANTI-RAB TREATMENT A TERRIBLE EXPERIEN

The treatment is un table but hardly "terrib true that there are 14 to to contend with; and that the inoculations ar ally given on the a thighs, and back does so pleasant. However, the re giving the shots on these places is simply to reduce fort by distributing the i over a wide area.

The vaccine itself ha side effects. Some pe allergic to it. Before b anti-rabies treatment, th will test to make cer patient is not allergic to cine.

The fact that many pa lieve the myth that the a treatment is excruciat

**continued**

### BEWARE OF SKUNKS

Keeping any wild animal as a pet is unwise; kee skunk is downright dangerous. New evidence leads res ers to suspect rabies may not kill a skunk immediately, animal can transmit the disease for several months there is a theory that rabies virus may be transmitted to i baby skunks through the mother's placenta. This mea even those skunks raised in captivity for sale as pe transmit the disease to their owners.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

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And that long, lean, all-white dynamite look.

"What do you say to a long, lean, terrific-tasting cigarette?"

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Regular: 17 mg. "tar," 1.3 mg. nicotine
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Twinkle copper cleaner gives you a shine and brightness that lasts a long time.

There is a reason. Twinkle is the only copper cleaner containing chronite. It's an ingredient that holds back retarnishing.

So if you want your copper to keep its shine, get Twinkle.




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continued

# Rabies

have extremely dangerous consequences. If a child has overheard scary stories about a doctor's "sticking needles in his tummy," he's going to be reluctant to tell his parents if he ever is bitten.

### HOW DO YOU RECOGNIZE A RABID ANIMAL?

The classic image of a rabid animal is one that is frothing at the mouth, lunging, lurching, and viciously attacking anything in sight. This is sometimes true, but only in the terminal stages of the illness. In the early stages, the commonest symptom of rabies may be a marked change in the animal's basic behavior. A quiet, friendly dog suddenly becomes irritable. An affectionate cat that once loved sitting on laps may become shy and avoid members of the family.

A deviation from normal behavior is also the most common sign of a rabid wild animal. Any normal wild animal (except those in parks and recreation areas) is afraid of human beings. An animal that acts unafraid of you or your family should be avoided and reported to the nearest conservation officer. Also, any animal that normally travels about at night (raccoons, oppossums, skunks, etc.) that appears in bright daylight is also behaving abnormally.

### HOW DO YOU PROVE AN ANIMAL HAS RABIES?

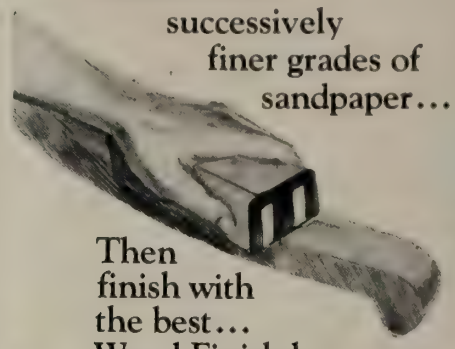
At the present time there are no tests that can be given to a living animal to determine whether or not he's in the early stages of the disease. For this reason a healthy domestic dog or cat that has bitten a person should be captured, confined, and observed by a veterinarian for a minimum of ten days. The rabies virus may be present as long as nine days before an infected animal shows any signs of having the disease, and he can transmit the disease three to four days before showing symptoms. If no symptoms develop during the ten-day isolation period, it's safe to assume he doesn't have rabies.

### DO CATS NEED RABIES SHOTS?

Absolutely, even though the shots aren't required by law in many areas. The shots are necessary because very few communities have laws requiring that cats be leashed or confined. If a cat is allowed to roam the neighborhood, he's much more likely to be exposed to rabies than is a dog living in a fenced yard. ■

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# Pilotl ignitio

A few years ago, no could visualize a gas ra provided automatic ig burners without using a p —right? Well, leave it t can ingenuity. Today, tw facturers—Caloric and —produce pilotless ign ranges for the kitche manufacturers expect such models available in future. Here are some an questions you'll probabl

**Q. How do the new systems work without light?**

**A.** An electrode has b stituted for the top ga When the surface burn is turned on, a series o is produced at the elect niting the top burner the common tube. W burner is lit, you shou the knob from the "ligh tion to the flame size desi series of sparks will stop control knob is in other "light" position.

**Q. How are the oven an er ignited without a pil**

**A.** When you set the sel "bake" and the thermost at the desired temperatu trical current flows thro selector switch, the the the oven igniter, and valve, all in series with e er. The igniter begins to w and in about 30 to 60 sec igniter reaches a temp over 2,000 degrees F. T rent flow is then sufficient the valve and allow gas to the oven burner which niter directly lights. Whe lected oven temperat reached, the oven the breaks the electrical circ igniter cools, and the g closes. On and off cycling igniter and burner maint desired temperature. A pattern is employed for br

**Q. What are the advant pilotless ignition?**

**A.** This ignition system v eliminates service calls f lights that have gone out heat buildup caused by Pilotless ignition saves used for cooking—up to cent of the gas consumed ventional gas ranges.

**Q. What happens if th tricity goes off in my Can I still use the range**

**A.** Yes, you can still use th ers but you'll have to igni with a match. ■

# The Christian Brothers' Cellarmaster discusses Port.




BROTHER TIMOTHY TALKS ABOUT THE WINE YOUR GRANDMOTHER KEPT IN A DECANTER FOR COMPANY AND TELLS HOW IT CAN BE ENJOYED TODAY.

Port is a rich, fruity wine that has been a symbol of hospitality for centuries. The wines of "Oporto" in Portugal were introduced into England in the 17th century where they were dubbed "Port." The early Ports were served in the pubs, laced with sugar and hot water. Customs and tastes change. By the Edwardian era, the wine had become the after-dinner drink of the fashionable. Unfortunately, this gave Port a formality that doesn't fit with today's casual lifestyle.



*Port was a favorite drink in 18th century coffee houses.*

## WHAT IS CALIFORNIA PORT?

Pioneer California winemakers brought a taste for these wines from their homelands. They also brought the vines to make them. These "Ports" were enjoyed as dessert wines, much in the same manner as their namesake.

We have been making wines in California since 1882, and Port is one of our specialities.

Our Port wines come from the vineyards near our Mount Tivy winery in the hot, dry Central Valley. Noble, pedigreed grapes from other lands, such as the Tinta Madeira of Portugal, thrive here and have taken on new, luscious qualities. At harvest, we select the best varieties—often as many as nine—to make Port wines. After a leisurely time in old wooden casks in our cellars, wines are blended for individual styles.

We invite you to enjoy these fruity wines that taste of a land blessed with abundant sun and soil—a taste for today.

## OUR FOUR STYLES OF CALIFORNIA PORT

Our Ports range in color from deep ruby to rich tawny hues. Their premium quality and flavor comes from our selection of grapes.




***A. Ruby Port***
*A splendid, bright ruby hue. Fruity and fragrant.*

***B. Tawny Port***
*Wonderfully mellow and silken smooth, with a pleasing tawny hue.*

***C. Treasure Port***
*A luxuriously rich and mellow wine, with a delightful flavor and bouquet.*

***D. Tinta Cream Port***
*Created from distinguished wines of the Tinta Madeira grape. Extra luscious and creamy. Limited availability.*

## WHEN AND HOW TO SERVE OUR PORTS

All of our premium California Port wines keep their rich, fruity flavor after opening—and have a wood-top, natural cork closure. Their handsome colors make them especially pleasing to offer in a decanter.

Port is often preferred in the afternoon, or after dinner instead of spirits. Try it over ice or chilled. Serve Port with fruits, cheeses, crackers, salted nuts, or cakes. You will also find the flavor of Port is good in many recipes. Experiment with it in barbecue sauces—as a marinade with fruits. The taste is quite harmonious. There are dozens of occasions for these fine hospitable wines. We think you'll enjoy rediscovering them.



*Grapes for our Port wines are selected for choice quality.*

Brother Timothy F.S.C.

Cellarmaster, The Christian Brothers,
Napa Valley, California



Worldwide Distributors: Fromm and Sichel, Inc., San Francisco, California

# Kohler

**There are products designed to wear out. And there is that which endures. Kohler enameled cast iron endures. Beautifully.**

A Kohler enameled cast iron tub remains beautiful to look at. Stays rich and radiant this year, next year, and for many years to come.

There's good reason. Cast iron tubs have a strength, depth of color, vividness, and lustre that other materials cannot match. Cannot retain. (The stain and acid resistant enamel on a Kohler tub is five times thicker than on a steel tub.)

It's the quality you feel everytime you bathe. It's the solid warmth, the color, the quiet security, the comfort. It's not something you have to be told. It's something you feel.

Kohler cast iron tubs come in a variety of shapes and sizes. And Kohler offers an unmatched sel of colors, including Black Blac bold accents, and original deep ... 13 in all. We offer slip resist bottoms and safety grip rails.

(C)

(B)

(A)

# endurables

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n tub you install today will
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r, builder or architect.

(A) Sunflower Steeping Bath, 20-in. deep, with special comfort and safety features. In 13 colors, plus white.

(B) The 16-in. Mendota . . . has slip-resistant bottom. Shown in Mexican Sand.

(C) The Caribbean—6-ft. long, 3-ft. wide. Has Safeguard, grip rails. Shown in New Orleans Blue.

(D) The Guardian—for extra safety. Shown in Pink Champagne.

(E) The Birthday Bath in Antique Red. Ball and claw feet in gold electroplate.

(F) The Villager for economical comfort. Shown in Harvest Gold.




THE BOLD LOOK OF KOHLER

For more great bathroom ideas, send 25¢ to Box AC, Kohler Co., Kohler, Wis. 53044. Kohler plumbing products available in Canada.



# Henredon.
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# PHOTO DECORATING

**Photographs—custom-made from your own negatives, o by professionals—are great for giving a room personaliz peal. Here are four imaginative ways to show off your fa favorite photos and create a one-of-a-kind focal point.**



Produced and photographed by Je

For dynamic effect, hang a group of prints—all alike—( wall. Here three 20x40-inch enlargements of a picturesqu give design impact and extra definition to a collection tique farm implements.



Family photo by Kath

Want a new way to display a family-group portrait? A to the wall like a mural. The photo shown here is big an enough to handle a major decorating job. A custom photo the place to go for a blowup the size of this one.

**continued**




# Royal Hawaiian.

## Right on Waikiki Beach. One of five great Sheraton hotels in Waikiki.

**It might be the right one for you.**

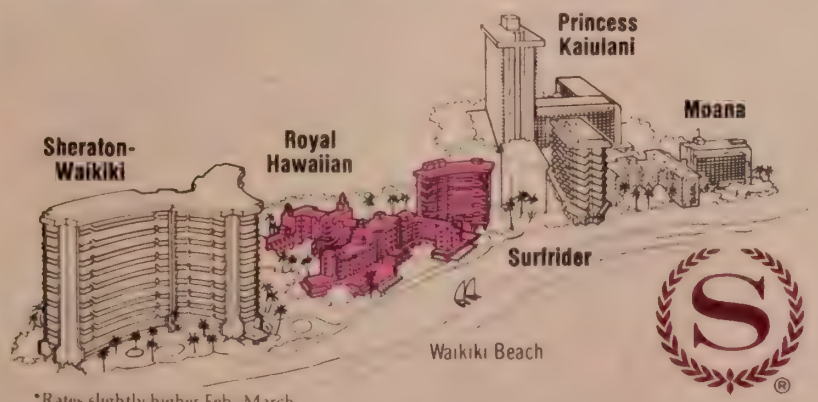
There's a Sheraton in Waikiki that's *your* kind of hotel. It might be the Royal Hawaiian. It's famous for elegance, for tropical gardens, for grand cuisine, for the golden beach, and for classic service — they still turn down your bed at night, for instance. You can get a Grand Suite for $180* a day, or a charming garden view room for a sensible $33* a day for two. Or choose the new Tower Wing, where every room overlooks the ocean. The Royal Hawaiian . . . where Sheraton maintains the grand tradition.

The Royal Hawaiian might be right for you. Or you might pick the informal Surfrider . . . the contemporary, glamorous Sheraton-Waikiki . . . the good value of the Princess Kaiulani . . . the South Seas charm of the Moana. Pick one, play at all of them, charge it to your room. Ask your travel agent. He knows us. And you. He knows there's a Sheraton in Waikiki that's right for you.

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If you don't want to receive advertising mail, there's a simple, effective way to stop most of it. Just contact the Direct Mail/Marketing Association (DMMA), a group representing businesses that use mail to advertise their products and services, and they'll send you a *name-removal* form. Your name will then be removed from the lists of many DMMA member companies who conduct most large-scale mail advertising campaigns.

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**MPS also enables you to be added to lists.**

However, if you feel you don't get your fair share of mail offers, the DMMA offers another service to get your name *on lists* so you'll receive more offers in special interest areas such as crafts, books, sports, investments, clothing, travel and gardening. If you want to take advantage of either of these services offered by the DMMA, simply send the coupon below.

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continued

# PHOTO DECORATING



You can turn an unfinished table into a family gallery photo montage. First, blow up a shot of your home large to cover the table. Glue the photo down, then apply famil shots on top. Protect your montage with polyurethane.



Seagull photo by

Here's a striking way to show off a favorite photogra negative of a seagull in flight has been printed by four processes—normal, negative, high-contrast, and sola The prints are hung close together for impact. ■




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The Great American Lead Crystal by Fostoria

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# KitchenAid dishwashers weigh 30 pounds more than most others. What are the others leaving out?



The 30 extra pounds of weight in a KitchenAid mean extra value. Like the 3-coat premium porcelain enamel interior that doesn't scratch, stain or fade. The wrap-around steel frame that protects against hard daily use. The most powerful motor in any dishwasher, backed by a 5-year warranty.* And the Flo-Thru drying system with the Energy Saver feature to save electricity.

KitchenAid puts more quality into its dishwashers. To leave more trouble out.

See your KitchenAid dealer, listed in the Yellow Pages under "Dishwashers." Or write KitchenAid, Dept. 6DC-3, Hobart Corporation, Troy, Ohio 45374.



**KitchenAid®**
**Built better. Not cheaper.**

*5-Year Motor Warranty: If the motor should fail during the first year, it will be repaired or replaced without charge; during the next four years you'd pay only for labor.


# New looks for Chinese egg rolls

Those delicate egg rolls you get in Chinese restaurants are traditionally filled with pork or shrimp. Our versions will surprise you. They contain salmon, chicken, even zucchini.

To begin, you need seven-inch squares of thinly rolled dough called egg roll skins. You can buy them by the pound (about 20 to 25 skins per pound) at oriental food shops.

### SALMON EGG ROLLS

*Fold the skins envelope style for perfectly shaped egg rolls—*



**1 8-ounce can salmon, drained, flaked, and bones removed**
**¼ cup chopped water chestnuts**
**2 tablespoons dairy sour cream**
**2 tablespoons mayonnaise or salad dressing**
**2 tablespoons chopped pickle**
**1 teaspoon lemon juice**
**1 teaspoon soy sauce**
**4 egg roll skins**
**Cooking oil for deep-fat frying**

Combine all ingredients *except* skins and oil. Lay 1 egg roll skin "cornerwise" in front of you; spread about ¼ cup filling in strip across center. Fold up bottom corner; fold in corners from each side. Roll up, moistening underside of last corner to seal. Repeat with remaining skins. Fry in deep hot oil (375°) 2 to 3 minutes. To serve, cut each roll in halves or thirds. Makes 4 rolls.

### CURRIED CHICKEN EGG ROLLS

*Just minutes to make—*

**1 5-ounce can boned chicken, chopped *or* ½ cup chopped cooked chicken**
**1 2-ounce can chopped mushrooms, drained and finely chopped**
**¼ cup chopped celery**
**1 teaspoon soy sauce**
**½ teaspoon curry powder**
**4 egg roll skins**
**Cooking oil for deep-fat frying**

Combine chicken, mushro celery, soy, and curry. Lay 1 "cornerwise" in front of spread filling in strip across ter. Fold up bottom corner; in corners from each side. up, moistening underside of corner. Repeat with remai



skins. Fry in deep hot oil (37 2 to 3 minutes. To serve, cut halves or thirds. Makes 4 rolls



Photographs:

### ZUCCHINI EGG ROLLS

*Cut these egg rolls in halves thirds for an appetizer or s them whole for a main dis*

**1 cup coarsely chopped zucchi (1 medium zucchini)**
**2 tablespoons chopped onion**
**1 tablespoon butter or margari**
**¼ teaspoon salt**
**4 egg roll skins**
**1 slice (1 ounce) sharp process American cheese, cut in 4 st**
**Dash ground cinnamon**
**Cooking oil for deep-fat frying**

Cook zucchini, onion in ter or margarine till barely ten about 2 to 3 minutes. Stir in Lay 1 egg roll skin "cornerw in front of you; spread abou tablespoons filling in strip ac center. Top with 1 strip ch and cinnamon. Fold up bot corner; fold in corners from e side. Roll up, moistening un side of last corner to seal. Re with remaining egg roll sk Fry in deep hot oil (375°) golden brown, 2 to 3 minu Makes 4 rolls. ■

*ou Can Benefit from Low Cost Group Travel*

# WHICH OF THESE 4 GREAT VACATIONS WILL YOU ENJOY THIS YEAR?

## Hawaii — England, Scotland and Wales — Switzerland, Italy and Austria — Greece

h year, Better Homes and Gardens offers a selected number of reably priced group tours to readers and their friends. During 1976, have made very special arrangements to bring you tours with more ıe than ever before. Each one provides you with the kind of vacation 've always dreamed about, at prices you can still afford.

### YOU GET MORE FOR YOUR MONEY

understand there are many important decisions to make when you planning a vacation out of the country. If you have traveled before, know how expensive it can be to "go on your own." If you have er traveled abroad before, then you can be assured that you would e to spend much more in time and money if you were to try to make ıparable arrangements yourself. You benefit from the convenience l cost advantages we can provide and get the ultimate in service and ıe for your hard earned dollars.

### WE PLAN WITH YOU IN MIND

ese tours are just right for those who dislike being regimented. How-r, you do have the comfort and pleasure of traveling with others who e similar interests as well as the security of knowing that everything be taken care of properly. You simply enjoy the pleasure of your ation and the new friends you will meet.

Ve will show you the highlights of each place you visit, cover all the ics and make sure everything runs smoothly. You will have lots of time so you can be as busy or relaxed as you choose, knowing that are in the hands of professionals who really care about you and nt to see you enjoy yourself.

### A WORD ABOUT OUR TOUR DIRECTORS

all of these trips, you will be accompanied by a full time Better mes and Gardens tour director who will be with you to make sure r trip is everything you want it to be. The "rave notices" we have eived from people who have traveled with us about these professionare well deserved. They are handpicked for their intelligence, knowle, ability to handle the unexpected and their genuine understanding people. They really enjoy what they do, and will relate personally ou and your companions on the tour.

### SELECT YOUR FAVORITE BETTER HOMES AND GARDENS TOUR NOW

**HAWAII — 2 Islands (Hawaii and Oahu) — 11 Days**
Price from New York $699, Chicago $599. West Coast $535
(Service charges and taxes additional)

Departures: March 28, April 11, May 2, May 23, June 13, July 27

*udes round trip regularly scheduled flight on Northwest Orient airlines, class hotels (double occupancy), Lei welcome, farewell Luau, sightseeing, sfers, baggage handling and tips to porters, full time tour director.*

away from it all on a delightful trip to this exotic Pacific paradise. visit Kona and Hilo on the "Big Island" of Hawaii, see the spectılar Kilauca Volcano and have a whole week to relax and explore i Honolulu and Waikiki. Hawaii is the perfect place for you to enjoy agical holiday.

**ENGLAND, SCOTLAND AND WALES — 15 Days**
Price from New York $715, Chicago $823, West Coast $988
(r fare supplement for June and July departures from Chicago and st Coast)

Departures: May 25, June 22, July 30

*udes round trip flight New York to London via Pan Am charter jet, mestic flights to New York on regularly scheduled airlines with prices ed on applicable Bi-Centennial airfares, first class hotels (double occucy), continental breakfast daily, welcome cocktail party, farewell dinner, tseeing, ticket to Shakespeare Theater, transfers, baggage handling and to porters, full time tour director.*

mple the very best of Great Britain with 5 days in London and 3 days in dinburgh. You tour the countryside and visit famous places along th way including Stratford-upon-Avon, Oxford, Blenheim, Chester a Carlisle. All are yours to enjoy, along with the charm of the villages o North Wales.

**SWITZERLAND, ITALY AND AUSTRIA — 15 Days**
Price from New York $845, Chicago $953
(May 28, October 1 departures)
Price from New York $869, Chicago $977
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*udes round trip flight New York to Zurich via Swissair charter jet, do-tic flight from Chicago to New York on regularly scheduled airlines with price based on applicable Bi-Centennial airfare, first class hotels (double occupancy), welcome cocktail party, continental breakfast every day, dinner in Innsbruck, sightseeing, transfers, baggage handling and tips to porters, full time tour director.*

Zurich, Lucerne, Stresa, Venice, Innsbruck and the countryside between provide the backdrop for this delightful journey into Europe. Experience the contrasts of three favorite countries with imposing mountain scenery, canals and castles, centuries-old villages and magnificent works of art. This will be a truly memorable trip.

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From San Francisco—May 31, June 21, July 19, September 13, October 11

*Includes round trip charter flight from San Francisco and New York to Athens, domestic flight from Chicago to New York on regularly scheduled airlines with price based on applicable Bi-Centennial airfare, first class hotels (double occupancy), continental breakfast and dinner daily, sightseeing in Athens, 3 day tour to Peloponnesian Peninsula and Delphi with lunches, full day excursion to Cape Sounion, transfers, baggage handling and tips to porters, full time tour director.*

Here is a superb trip to captivating Greece at a really low price. You have eight days in Athens, a city with a very special charm. Your inland tour covers Epidaurus, Mycenae, Patras, Gulf of Corinth and Delphi. Then you relax for four days in a resort hotel on the Apollo Coast. Optional 4-day Aegean Cruise also available at extra cost.

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*Prices subject to change.*

*Better Homes and Gardens acts as agent for ETSIA on the England, Scotland and Wales program, W.T.I. Group Tours on the Greece program and Grand Circle Travel, Inc. on the Switzerland, Italy and Austria program.*

**Jean Scott, Travel Manager**
**Better Homes and Gardens Tour Service**
**555 Madison Avenue**
**New York, New York 10022** **Tel. (212) 688-6507**

Please reserve _____ places on your tour to _____ (Name of Tour)
for _____ (Specify Date) departure date. I will be departing from _____ (Departure City). Enclosed is my check in the amount of $_____ to cover a deposit of $100 per person in my party. I understand that I may cancel my reservation for any reason and you will return my deposit in full provided I notify you 45 days before the departure date. The remaining payment will be due 45 days prior to departure.

I would like additional information before sending you my reservation and deposit. Please send details, without obligation, on the following tour(s):

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_____ **England, Scotland and Wales**
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BF03

# A good morning room

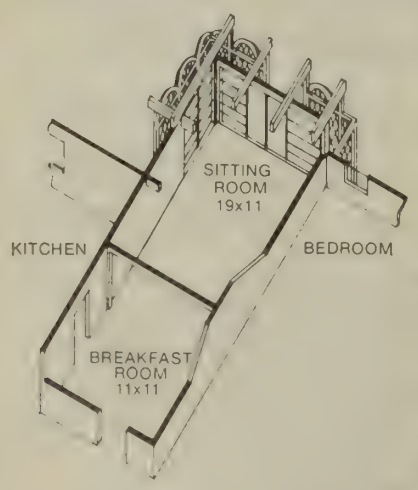
Once, every mansion worthy of the name boasted a "morning room" where you could linger over coffee, dispatch orders to the servants, and graciously ease into the day. Here's a sunny addition that harks back to those times—on a modest, modern scale, of course, minus servants.

Originally, a cramped breakfast room (see plan) opened to a small patio flanked by the kitchen on one side and the master suite on the other. Now a 19-foot addition encloses the patio and welcomes the sun with big expanses of glass and a long, vaulted skylight.

Photographs: George de Gennaro. Architect: Remo M. Vechi, A.I.A. Designer: Harriet Raym







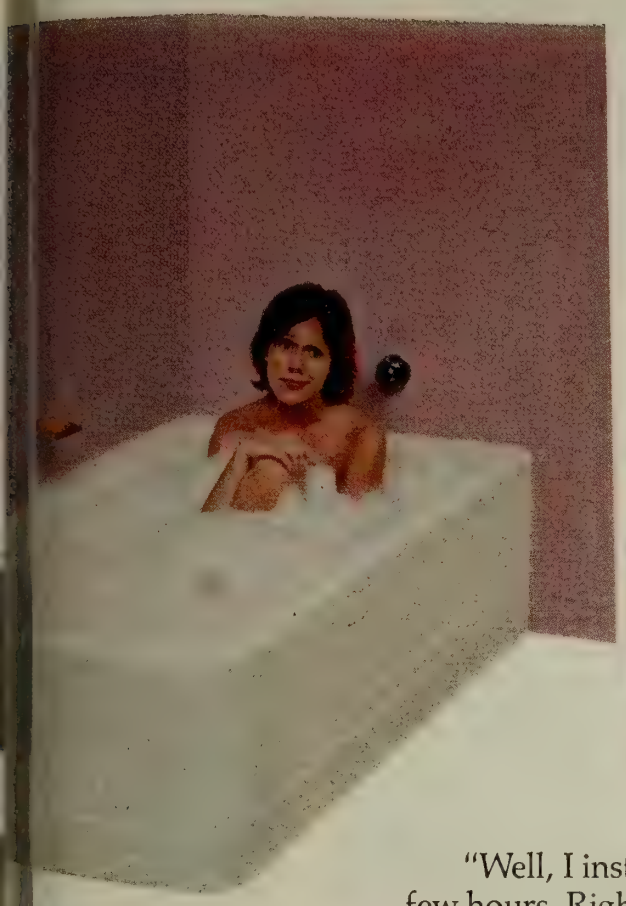

Sliding glass doors and metal-frame windows *(above left)* open the new room to the garden in back. At the other end *(above right)*, the 11½-foot ceiling drops to conventional height over the original breakfast room. The long space naturally zones itself into areas for eating, conversation, and card games.



Nostalgic furnishings recall the tranquil atmosphere of old-time morning rooms. Antiques range from a wicker love seat and chair to a whimsical Popsicle-stick lamp beside the iron daybed. All were chosen by the owner, an interior designer.

Heavy beams crisscross overhead, giving the room an intimate feeling despite the high ceiling. And the beams continue outside *(left)*, where they join with a pair of old-fashioned arched trellises to form a decorative screen.

# Redo it yourself! With Easy-Set ceramic tile.



**1** "I used to take baths with my eyes closed. Not because of the soap. It was the bathroom walls. Talk about ugly! I couldn't stand to look at them. But what's a girl to do? I mean on our budget, I couldn't afford to have it redone.



**2** "And then I heard about Easy-Set.® Do-it-yourself *real* ceramic tile, made by American Olean. It comes in wall sheets and handy tub wall kits. In six colors that look great in bathrooms, laundries, kitchens. But the best part was I could do it myself. And save money, too.



**3** "Well, I installed it myself in just a few hours. Right over the old crummy walls. No problem, 'cause Easy-Set goes up over plastic, plaster, tile, you name it. I got the Easy-Set sheets, and just followed the simple directions. And I'm no handyman, know what I mean? I could even get the supplies I needed right where I got the tile.



**4** "Now I sit and soak for hours. Imagine! Me, with real ceramic tile walls. Not only that, but Easy-Set has this special smooth grout—the white stuff between the tile—that wipes clean as easy as the tile. So my walls stay looking new and terrific. Easy-Set. The do-it-yourself ceramic tile. It sure opened my eyes!"

For the Easy-Set® dealer nearest you, just call this special toll-free number, day or night:

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In Conn., call 1-800-882-6500.

For free information on Easy-Set do-it-yourself ceramic tile write: American Olean Tile Company, 2220 Cannon Avenue, Lansdale, Pa. 19446

American Olean

A Division of National Gypsum Company

# How to stretch spring flowers

Think spring flowers have to be arranged with frilly fullness? Think again! Here, the emphasis is not on volume but on line. In all these arrangements we've taken no more than four flowers and combined them with a few spring branches or dried materials. Though the approach is a far cry from assembling the usual spring flower bouquet, the results are smashing.







Photographs: Hopkins

You'll find these sparse arrangements are particularly effective as centerpieces. Although some exceed the standard height —14 inches—the arrangements are both compact and see-through, so there's no difficulty in viewing the person on the other side of the table.

**A study in black and white,** left, features flowering plum branches, two hyacinths, and a stick painted white. To make the arrangement, select two vases of similar design but different heights. Prune about five plum branches into a triangle and place them at the back of the taller vase with a full hyacinth in front. In the lower vase place a second hyacinth. Bleach or paint a forked stick and secure it to the rim of the vase with three dabs of flower clay. Here an understated contemporary table setting complements the centerpiece.

**An eye-catching design,** center, results when tulips and pussy willows are combined. Select a short oval vase and cut tulips slightly longer than the height of the vase. Place two small needlepoints at each end of the vase. Cut pussy willows at varying lengths (approximately three times the height of the vase) and arrange them in the needlepoints in the crisscross pattern shown. Gently turn back petals of the tulips over a pencil, holding in place until they hold their curl. Then insert along the rim of the vase.

**Daffodils and wisteria vine,** at right, form a graceful, airy composition suitable for any room in the house. You can use any medium-sized vase of contemporary design with a small neck. To make the arrangement take three fully opened daffodils and their leaves and arrange them in your hand in a stair-step formation, then tape together with floral tape. Secure on a needlepoint in center of the vase. To make wisteria vine curl, first soak it overnight, then curl ends and hold in place with an elastic band.

When vine is dry, paint in desired color. We chose striking Percussion pattern tableware to echo the bold, circular design of the vine, casual rough pottery mugs, and textured mats.







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Sportsman won't shake up the squad. Because its independent front suspension gets the bumps before they get to the boys.



**It's a super shopping wagon.**
Sportsman gives you a choice of either swing-out or optional sliding side doors. There's a big new single rear door available, too. So loading a bunch of shopping bags is a breeze.



**It's a sensational sightseeing wagon.**
All that glass makes seeing all the sights all that much easier. And even with eight aboard, there's still plenty of room for luggage. For extra comfort, you can opt for high-back bucket seats with fold-down armrests.



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The Dodge Sportsman Maxiwagon is the biggest wagon there is. It's 15 people big. Just load 'er up with your friends and neighbors, and you're off to the office.



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You can put a lot of kids in a Sportsman. And a lot of trust. Because Sportsman has the kind of easy handling that lets you steer clear of rough spots on the road. Curb to curb, its turning diameter is shorter than either Ford's or Chevy's.

# It's the Dodge Sportsman Wagon. America's Number One.

One big reason the Dodge Sportsman is America's Number One Wagon is the Clincher. "For the first 12 months of use, any Chrysler Corporation Dealer will fix, without charge for parts or labor, any part of our 1976 passenger cars we supply (except tires) which proves defective in normal use, *regardless of mileage.*" Of course, the owner is responsible for maintenance service such as changing filters and wiper blades.

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Dodge Trucks


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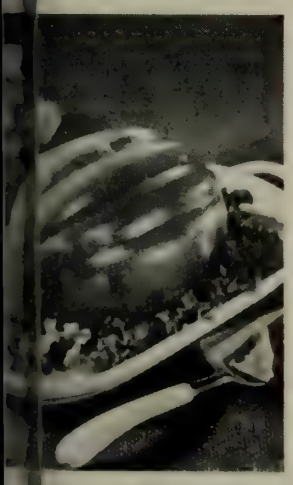


**CRANBERRY-PEAR**

*tangy relish over*
*rs, peaches, or pine-*

**can jellied cranberry**
**illed**
**ped walnuts**
**ns chopped raisins**
**ground ginger**
**can pear halves,**

lied cranberry sauce
tir in walnuts, raisins,
Drain pears, reserv-
or another use. Fill
with cranberry mix-
on lettuce-lined
sired. Cover and re-
ny remaining cran-
re; serve as a relish.
filling.



**N ASPIC**
**can three-bean salad**
**unflavored gelatin**
**water**
**e can tomato aspic**
**ns lemon juice**
**dried dillweed**

Drain bean salad, reserving liquid. Add enough water to measure 1 cup liquid; set aside. Soften gelatin in the ¼ cup cold water. In saucepan, combine tomato aspic and soften gelatin. Heat and stir till aspic melts and gelatin dissolves. Stir in bean liquid, lemon juice, and dillweed. Chill till partially set (mixture is the consistency of unbeaten egg white). Stir in drained bean salad. Turn into a 4-cup mold. Chill till firm, several hours or overnight. Unmold salad onto a serving platter. Garnish the salad with curly lettuce leaves, if desired. Makes 6 servings. ■

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## The maxim mini kitche



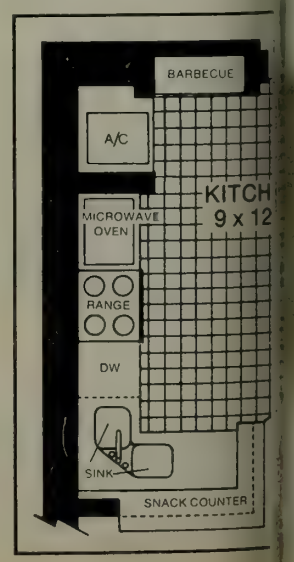
Photograph



A small kitchen nee your style. This neat modeling job shows y fill the space with all plus lots of bonuses.

The L-shaped snac not only provides eatin also expands work su doubles as a bar. A c built-in dishwasher, barbecue provide efi every turn. And there's for a counter-top oven!

The convenience of wall working kitchen is by the clean contempo Look under the cabin another bright idea: electrical outlets do mini-size bulbs to supp recessed ceiling spots.



# PLANT POWER



Photographs: Hedrich-Blessing. Design: Alan Mullins, of A Joint Venture

The star of this bedroom floor show is a tall ponytail palm ced in a simple architectural container. In supporting roles are ck-leaved bromeliads and a striking maranta.



Design: Janet Shirn, A.S.I.D.

You can turn a sliver of space behind a sofa into a garden of greenery. Here a tall, slim Parsons table is "planted" with a decorative mix of leaf shapes, colors, and textures.


15 Personal, Business Notices

WE SUGGEST YOU SEEK PROFESSIONAL HELP.

When it comes time to paint your house, sure you could do it yourself.

But sometimes it makes more sense to have a professional do the job.

That's why we suggest you call in a professional painting contractor.

He'll provide you with an accurate estimate of what the job will cost.

If you hire him, he'll work in a way that won't disturb your home.

If you like, we can suggest some professional painting contractors from which you can make your choice.

We'll be happy to do so at your nearby Sherwin-Williams Decorating Center, where you always find the highest quality paints.

For outside your house, and inside, too.

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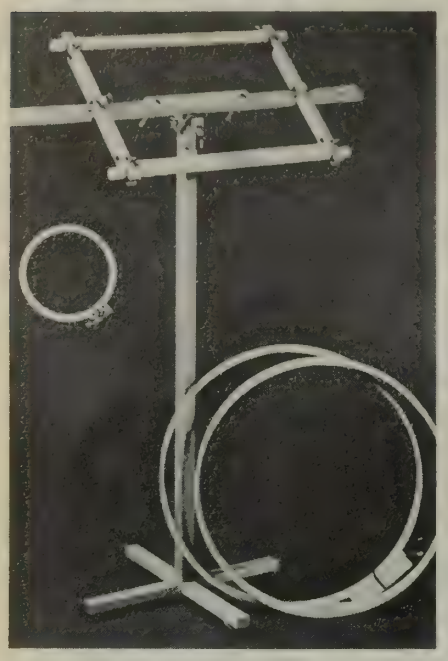
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## Now! Needlecraft Accessories to make your crafts easier and better!



**Embroidery Hoops** Anti-slip designed hoops keep material tight—will not loosen while you work. Fingertip adjustment makes using easy. The hoops have a smooth, snag free finish, can't warp or splinter. Easy to keep clean. Safe for all your beautiful handiwork. Available in four sizes.

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Please include postage and handling. For orders up to $5 add $.60; $5.01 to $10 add $1; $10.01 to $15 add $1.35; $15.01 to $25 add $1.70; over $25 add $2.

Total of Merchandise $_____
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**Better Homes and Gardens, Dept. 2CK**
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City_____
State_____ Zip_____

# SHEET SHOPPING

**Like everything else, sheets cost more than they used to. But they're still an excellent buy if you're looking for a quick and easy way to beautify a blah bedroom. Here are four of the many eye-catching patterns you'll be seeing in linen departments this year. Please note: All prices are approximate.**



**Above:** The J. P. Stevens "Utica" pattern line of sheets, bedspreads, and pillowcases is now available with coordinating lamps from Schiller Cordey, Inc. Here a colorful stripe called "Vera Cruz" teams up with a pleated-shade lamp that picks up the colors of the sheets. Twin-size sheet, $8; pillowcases, $6 a pair; "Juanita" lamp, $50.

**Below:** Pamper yourself or a special overnight guest with a bed bedecked with "Dior Lily of the Valley" sheets, with towels to match. The puffy coordinating comforter, with its deep-scroll stitching, is machine washable. All by Wamsutta Mills. Twin-size sheet, $8.50; ruffled pillowcase, $10; bath-size towel, $8; comforter, $38.



**Above:** Take your pick of Burlington Mills' bold "Ukada Flora" or "Ukada Bamboo" pattern sheets, pillowcases, and matching towels. The large-scale blue and white patterns look smashing whether used alone or mixed and matched as shown here. Twin flat-fitted sheet, $8; pillowcases, $7 a pair; bath-size towels, $7.50 each.

**Below:** Ame watercolorist Kingman designed colorful sheets and els as part of a coll for Fieldcrest Scenes of Hong harbor, San Fran gondolas in Venic an Amsterdam ca spire you to drea faraway places. size sheet, $7.50; p cases, $3.25 a bath towel, $5.50.

Photographs: Mike Dieter





# Two experienced skeptics explain why their dogs wouldn't eat Gaines·burgers.®

DOG FOOD




"This dog food isn't *canned*," explained Marion (left).

"Absolutely not," explained Ida (right).

"*My* dog gets absolutely indignant if her food isn't moist and meaty," Marion explained.

"My dog gets even more indignant than hers," Ida explained.

**But Gaines·burgers® *are* meaty, we pointed out. And moist. And they taste terrific.**

"Well, they aren't canned," Marion explained.

"Definitely not. My dog won't eat them," Ida explained.

**At which point we fed the dogs the Gaines·burgers. The dogs ate them. The dogs *demolished* them.**

"I see your dog is eating them, Marion," Ida said.

"*My* dog? What about *your* dog?" Marion said.




GF
GENERAL FOODS

## The canned dog food without the can.®

A nutritious combination of meat by-products and meat, vegetables, vitamins and minerals.

# How to eat we

Enjoy KRAFT Macaroni and Cheese Deluxe Dinner with breaded fish sticks, tartar sauce, and a crunchy radish rose. Hearty. Thrifty, too.

KRAFT Spaghetti with Meat Sauce Dinner is always a family favorite. Crisp, toasted herb bread and an olive garnish make it special.

For pennies a plate, KRAFT Macaroni and Che Dinner serves up rich cheddary flavor. Add still more zest with a dill pickle spear rolled in a sautéed ham slice.

# ithout going broke.

Go Italian.
Add cooked sausage pieces
to KRAFT Tangy Italian Style
Spaghetti Dinner. Pass around
a dish of fresh vegetables
marinated in our
Italian Dressing.




## Kraft Dinners make ends meet.

KRAFT

Division of **Kraftco Corporation**

FAMILY FOOD IDEAS

# How to get the best used car for the money

That used car you may be considering can be a tremendous value—if you shop wisely. Sure, there's a reason a car is for sale, but that doesn't necessarily mean there's something wrong with it. Perhaps minor problems were just an excuse for the previous owner to get a newer model. You'll probably get a good buy if you ask the car's owner or car lot salesperson objective questions only, then follow up with your own careful inspection and test drive.

Here's how it's done. If you're on a tight schedule, you can give the car a quick once-over by checking just those points marked *. But don't buy until you've thoroughly checked it out. Follow this same sequence with each car you consider.

## Check the exterior

☐ *Dents are easy to spot. Those that have been fixed may look like ripples under the paint. If there are a lot of these ripples, the car probably has been smacked solidly sometime.

☐ Try to wiggle the moldings. If they move under light pressure, they may rattle or even come off at driving speed.

☐ *Is all the glass intact? A tiny hairline crack in a window or mirror this spring could turn into a major break with the first cold snap.

☐ *Press your thumb hard against metal edges around wheel wells, under fenders, and beneath rocker panels. If they give and feel somewhat like heavy foil, that's an early warning rust may come all the way through by the end of next winter.

☐ If the chrome looks polished and bright but has a "warm" cast in some areas, look for rust sneaking through from behind.

☐ *Push a fender down hard to get the car bouncing, then let go. If the shock absorbers are in good condition, the car should come to rest after two bounces.

☐ *How do the tires look? Even if there's a lot of tread left, check to see if the tires have been wearing evenly. More wear down the center than on the edges simply means the tires were run over-inflated. Excess wear at the edges means underinflation. But uneven wear means an alignment problem or possibly worn or damaged suspension.

☐ Look into the tail pipe. A light gray residue means that the engine is normal. Black residue might mean that the car is an oil burner or that the carburetor just needs adjustment.

## Check under the hood

☐ *How clean is the engine? At one time a clean engine meant a fastidious owner. Now, most used car dealers routinely steam clean engines on all their cars. While a little dirt won't hurt, be suspicious of oil (which will look like wet, shiny dirt). Water leaks are a bad sign, too. You'll most likely see the water coming from beneath the hub of the fan—where the water pump is located.

☐ Check the oil. If it's the color of syrup, it's just been changed. Oil with even just a few minutes' running time is gray to black. But it shouldn't be gummy or gritty.

☐ Remove the oil filler-cap and check inside the cap and the valve cover (a flashlight is helpful). If the car has had normal maintenance, the inside of the engine will be remarkably clean no matter how many miles are on it. If it's gummy and sooty inside, suspect neglect elsewhere.

☐ Check water in the radiator. The water won't be clear enough to drink, but it shouldn't look rusty. A greenish-yellow cast means that antifreeze has been added recently.

☐ *How's the battery? If the previous owner kept the corrosion (which appears as white powder) brushed off the terminals, it's a plus for the entire car. If the battery appears relatively new, inspect the necting wires. If they're corroded, or loose, then wiring you can't see m too.

☐ *Squeeze radiator hoses. They be pliable. If they're brittle, they ma when your engine needs them most.

☐ How are the belts? Tiny, traverse on the inner surfaces are a sign Chips off the inner surface and stra ing threads mean the belt is living o rowed time.

☐ Open the brake fluid reserv should be full. Low fluid level can i a leak somewhere in the system—d ous to say the least.

☐ Lift off the air cleaner cover. T ment inside may not be new, shouldn't be clogged with dust. Lool the carburetor's throat. A varni substance inside may restrict the mechanism's linkage. Sooty lining is that the car hasn't been tuned re or that the PCV valve hasn't been s according to schedule.

☐ Spark plug wires should be flexib there shouldn't be cracks in the bonnets where wires join the plugs.

## Have someone start the car whi look under the hood

☐ Clicking sounds are normal for h lic valve lifters, but the clicking stop when adequate oil has been p up. If the sounds persist more than ute with hydraulic lifters, suspect lems. If the car has mechanical clicking may indicate that valves n justing.

☐ Have the person in the car tu steering wheel from lock to lock. hear squeals, a power steering belt ably is loose. Groans indicate problems.

☐ Check the level of the automatic mission fluid. If the fluid is cloudy has a burned smell, the transmissio soon be due for expensive work.

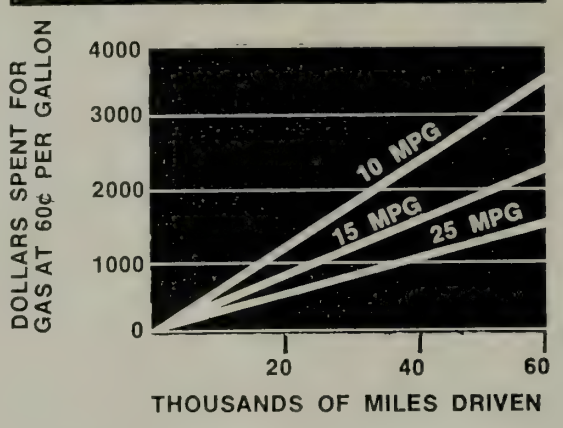
## An inside look

☐ *Before getting into the car, op close each door. Note the action o and hinges—which should be smoo the same time, check weather st around the doors. If it's cracke brittle, you'll hear wind whistles drive, and you may even take in moisture when it's raining.

☐ Try the windows. They shoul and close smoothly.

☐ *Take your place behind the wh look around. What you're trying to

continued




### Will a used compact save money?

Higher gasoline prices have made compact cars, which traditionally depreciate slower than their full-size counterparts, a premium commodity in the used car market. For those who drive only short distances, a smaller car does save fuel dollars, but this saving may never make up for the higher price paid for a compact. Check this chart.

Dear Joan,
Here's "my" pound cake recipe you asked for.
Thanks for all the compliments!
Marge

**DUNCAN HINES**
**DEVIL'S FOOD POUND CAKE**
(Makes 12 to 16 servings)

1 pkg. Duncan Hines Deluxe II Devil's Food Cake Mix
1 package chocolate instant pudding mix (4 serving size)
½ cup Crisco Oil* 1 cup water 4 eggs

Preheat oven to 350°. Blend all ingredients in a large bowl; beat at medium speed for 2 minutes. Bake in a greased and floured 10-inch tube pan at 350° for 50-60 minutes, until center springs back when touched lightly. Cool right side up for about 25 minutes, then remove from pan.

CHOCOLATE GLAZE. In a small saucepan combine 2 tbsp. cocoa, 1 tbsp. + 2 tsp. water, 1 tbsp. oil and 1 tbsp. corn syrup. Cook and stir over low heat until mixture is smooth. Remove from heat; immediately beat in 1 cup confectioners sugar. Drizzle over cake.

***Be sure to use Crisco Oil as some other oils may cause the cake to fail.**

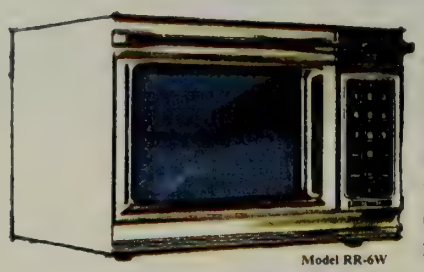



## Marge knows it's Duncan Hines layer cake mix that makes her pound cakes so moist and delicious. Cut out our recipe for "your" pound cake!

Try other pound cake recipes on Duncan Hines Strawberry and Orange layer cake mix packages.

# How you can take a 5-pound roast from the freezer to the table medium rare-in 60 minutes.

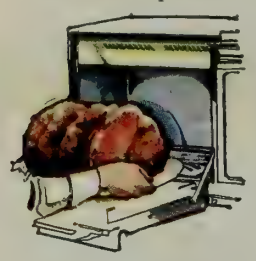
## Amana® Touchmatic™ Radarange® MICROWAVE OVEN makes it simple as 1-2-3!



Model RR-6W

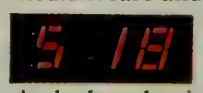
**The Amana Touchmatic Radarange is the first microwave oven with a memory.**

You put in a frozen roast—touch the numbers on the control panel to set "defrost" and cooking time—and push "start." Then the Amana Touchmatic "computer" takes over.





It "remembers" how long to cook. "Remembers" to wait for the temperature to even. "Remembers" to cook just the right length of time—with split-second accuracy. And just 60 minutes after you put in the frozen 5-pound roast, it "remembers" to call you for dinner with a "beep." And you serve a beautiful roast medium rare and piping hot.



**You can tell at a glance, to the second, how much time remains.** And when the timer has finished timing it actually "remembers" and displays the correct time of day—in lights.



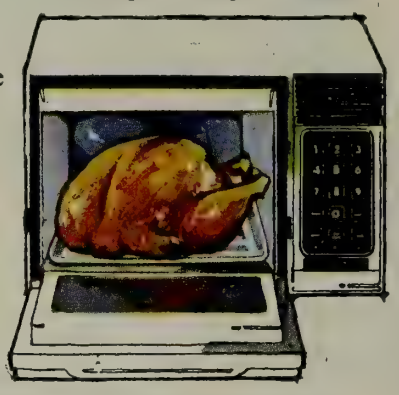
**Defrost and Cook—or defrost and Slo Cook—in combination.** Make your family's favorite stew . . . or chili . . . in large quantities and freeze it for later in single meal containers.

Later on, the Touchmatic Radarange will defrost and then simmer to blend all the full, rich flavors. The Slo Cook cycle is great for gourmet cooking, too. You get the results of a slow oven—in a fraction of the usual time.




**675 Watts of cooking power,** cooks almost everything in ¼ the usual time. *Saves energy too.* Uses 50% to 75% less electricity than a conventional electric range. Operates on ordinary 115 V household current.

Pull down the jewel-chrome finish see-thru door to reveal the **stainless steel interior** large enough to defrost and roast a family size turkey. Removable glass broiler tray contains most spatters and spills. Since the food gets hot but the oven stays cool—cleanup is a snap. A **built-in** kit is available. For further information, see your Amana Retailer. Or write Ann McGregor, Dept. 533, Amana Refrigeration, Inc., Amana, Iowa 52204.



**FULL 5-Year Warranty on the magnetron tube.** For *five* years from date of original purchase, Amana will repair or replace free of charge any defective or malfunctioning magnetron tube. It pays to check the warranty, because many manufacturers provide a *one* year FULL Warranty.

**If it doesn't say Amana® —it's not a Radarange® MICROWAVE OVEN**

SOLD AT FINE RETAILERS THROUGHOUT THE WORLD
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A Raytheon Company


continued

# How to get the best used car for the money

ate now is an intangible feeling of quality. Torn upholstery is obvious, but be on the lookout for those minor flaws that become headaches later. Tiny cracks in the plastic covering a padded dash or armrest tend to grow rapidly when seasons change—both heat and cold have an adverse effect once the material begins to deteriorate.

☐ Adjust the sun visors. Do they stay in place both up and down? Is the mirror easy to adjust, and does it stay put once you've set it?

☐ *Take a close look at the pedals. If they show excessive wear, you can assume the brakes and clutch (if manual transmission) are just as worn.

☐ Locate the fuse box and make sure the fuses are intact and the proper sizes for their respective positions.

☐ *Start the engine again. Now, try all the electrical equipment—windshield wipers and washers, radio, heater fan. Honk the horn. Check all interior lights—dome lights, courtesy lights, dash lights, and instruments—if the car has them. Have someone outside report on the headlights (bright and dim), taillights, brake lights, backup and license plate lights.

☐ With the parking brake fully engaged, shift into reverse and depress the accelerator slightly. Does the brake hold?

### The test drive

☐ Steering characteristics will become apparent when you get out on the road. Steering shouldn't be loose or sloppy, nor should there be any free play. However, avoid the car with tight steering. Someone may have over-tightened the slack take-up adjustment.

☐ Accelerating briskly from about 15 MPH to 40 MPH in high gear will tell you something about the engine. Acceleration should be smooth. Pausing, lurching, pinging, and strange sounds could mean the engine needs a tune-up—or indicate serious mechanical malfunctions.

☐ You'll need a straight, fairly level road with very little traffic for brake testing. From about 45 MPH (after checking to see that no one is following close behind), brake hard—but don't lock the wheels. Note whether the car stops in a straight line. Listen for strange sounds. If you're satisfied that everything feels and sounds normal, take the car back up to 45. Brake hard, then release. Brake hard again. Repeat until the car has stopped. Pedal pressure required to slow the car will increase as the brakes heat up, but the effort should never make you feel you're losing braking control.

☐ To check the condition of piston rings, coast down a fairly long hill and step hard on the accelerator just as you reach the bottom. (If no hills are available, coast from 55 MPH down to about 20 MPH on a level road, then accelerate sharply.) Look in your rearview mirror as you step on the gas. If you see a heavy cloud of blue smoke, chances are the engine needs piston rings—an expensive proposition. A cloud of black smoke simply means that the carburetor needs adjustment.

☐ On the way back from your test drive, travel a rough, unpaved road if possible. Listen for squeaks and rattles. If the car becomes difficult to control, this may indicate worn suspension or steering parts.

### Take your time

If you're really interested in the car, take another test drive—a long one. You'll probably have to put gas in the car. Most used car dealers keep a bare minimum in the tank to discourage the long test run.

Get the whole family into the car and load some heavy objects into the trunk—just as though you were piling in luggage and taking off on a real trip. To get a good cross section of opinion, give each member of the family who drives a turn at the wheel. And don't discount the opinions of the family members who are too young to drive. If they find their passenger seats uncomfortable on the test drive, then you know for sure the kids would be vocally miserable on a long vacation trip.

If you're almost sold after this drive, carefully examine the outside and inside of the car once again, noting every detail. And if that sounds like a lot of time and effort, think of the money and headaches you'll save if you discover flaws in a car that doesn't belong to you, yet. ■

Oh,
the disadvantages
of our
long cigarette.

# Benson & Hedges 100's

.1 mg. nicotine,
te—hard pack, by FTC Method;
.1 mg. nicotine,
te—soft pack, FTC Report, Nov. '75.

: The Surgeon General Has Determined
arette Smoking Is Dangerous to Your Health.




Regular and Menthol
in soft and hard pack

# A NEW-FASHION RAG RUG
## everything you need to know to make it

**Learn one easy stitch and several simple techniques, and you'll be able to turn out a smashing rag rug to rival anything that Grandmother used to make. What you'll need in the way of materials is a well-stocked ragbag to pick from. And, yes, all the how-to it takes to finish your rug, you'll find right here.**

**By Nancy Lindemeyer and Ciba Vaughan**



**Step 1:** Collect your rags by culling old clothes, worn sheets, and other fabrics that are either all cotton or cotton blends. To color-scheme a rug like ours, select a good mix of solid colors, patterns, prints, and checks. You'll need approximately nine yards of 45-inch fabric (or the equivalent in salvaged materials) to make a circular rug three to four feet in diameter. One yard of 45-inch fabric, sheet weight, will yield about 44 yards of one-inch strips (accounting for seams). The rug shown at right is about eight feet in diameter and has been worked in blue and white fabrics. **Step 2:** Cut or tear fabric into strips between ¾ and 1½ inches wide, depending on the weight of your fabric. For example, tear a heavy-weight fabric like denim into ¾-inch strips; a medium-weight fabric like sheeting into one-inch strips; and lightweight cotton into 1½-inch sections. All strips of any given fabric should be the same width. **Step 3:** Join the strips together into a workable longer length by machine-stitching the strips together on the diagonal as shown in Diagram 1. Trim seam allowances. **Step 4:** When you've created a long "string" of fabric strips, roll them into a ball like the ones piled in the laundry basket in our picture, below. **Step 5:** Using a large (size J) crochet hook, chain six stitches (Diagram 2), and join them into a ring with a slip stitch (Diagram 3). Now, in first stitch of ring do a single crochet stitch (Diagram 4, Steps A-E). When completed, do another single crochet in same stitch (an increase—Diagram 5). Repeat in all six stitches of the ring.

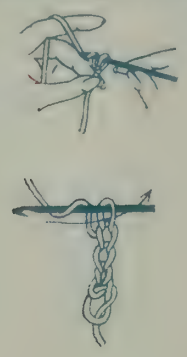


Thereafter, continue single crocheting (Diagram 4), increasing in every other stitch for the second row, and thereafter as necessary to maintain the rug's circular shape and flatness. **Step 6:** To change colors or add new strips, join a new strip to the preceding one by hand (stitch two pieces together along the diagonal, as before, and clip seam). Continue single crocheting, increasing occasionally and changing colors as you choose, until the rug is the desired size. **Step 7:** To finish the rug, cut the last three or four yards of fabric strips narrower (decreasing to about ⅜ inch wide at the end) so that the last round of the rug will decrease in width and you can end smoothly. **Step 8:** Spray the rug with a soil repellent. Launder in a heavy-duty machine.

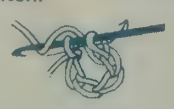
**1** Join strips of fabric together on the diagonal. Trim seam.



**2.** Crochet a chain of six stitches.

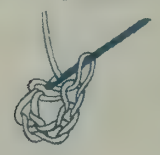


**3.** Join chain into a ring with a slip stitch.

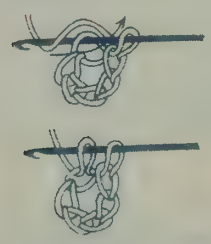


**4.** Work entire rug using a single crochet stitch, steps below:

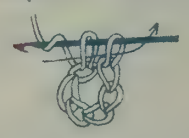
**A.** Insert hook into second chain from hook, under the upper two strands.



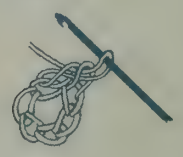
**B.** and **C.** Draw up fabric.



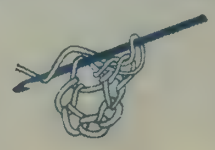
**D.** Loop fabric over hook.



**E.** Draw fabric through the two loops. Insert hook into the next stitch, and repeat from Step A.



**5. To increase,** do two stitches (Diagram 4, A-E) in one loop.





Photographs: Dreier



# MAJOR REMODELING

# PLANNING A FAMILY ROOM ADDITION

By Stephen Mead

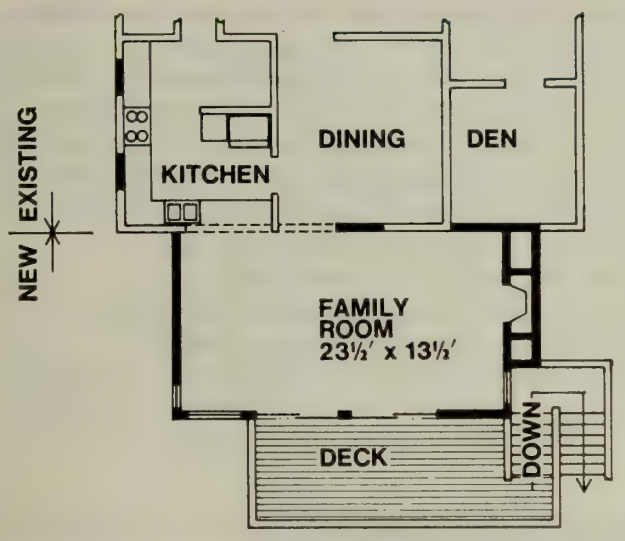
It's not surprising that many families head their "most-wanted remodeling" list with a family room addition. It can turn a cramped house into a truly comfortable one, provided you plan things right. To help you do just that, we've provided a classic example that can be adapted to your needs. Start your planning by deciding what you want your new family room to do for you. Carefully list things like TV space, an eating area, a study or hobby center for the kids, and so on. Also, list the features—such as a fireplace, a bar, or a plant area —that you'll want to include. Then, as your priorities begin to crystallize, you can zero in on how big your new room should be, what shape it should be, and where you should hook it to your house. This latter point is very important. You can check the information at far right for possibilities; consider all of them that will work on your house. Then take plenty of time to study the effect each possibility will have on the floor plan; often a strategically located addition makes the old part of the house work a whole lot better at no extra cost. If you want to open up a cramped kitchen, for instance, adding family room space there can help a lot. By removing a whole kitchen wall, you can blend the two rooms together and eliminate that claustrophobic feeling. Or if you need a new family room mainly for entertaining, you may want to locate it near the living room. This way, both spaces can work together when guests overflow the new family room. Of course, you may have to make compromises, but the more thought you and your family put into the addition, the more successful it will be. The last step in your planning is the architectural styling; most families match or blend the new with the old, but a complete switch can be every bit as pleasing. Of course, you can get professional planning help, but the more you do yourself ahead of time, the less that help will cost and the better the end result. So take the time, get the whole family involved and you'll get a great room.



Photographs: Ross Chapple. Architect: Arnold Kronstadt. Source: Eileen Leubecker

Buying Information, page 120






This great family room can serve as a yardstick for your own planning. It exemplifies a host of good points you'll want to include, whatever your addition's size, location, or style.

The interior *(left)* reflects this family's need for a larger breakfast area and their desire for an informal grouping of comfortable furniture around a fireplace. The rest came easy—large glass areas scoop in lots of daylight and join the new deck space to the interior in a way that was impossible before the addition. Skylights next to the existing part of the house also brighten the old rooms.

Simple post-and-beam construction accounts for the clean, contemporary look of the addition. It makes a pleasant contrast to the rest of the house, and requires little maintenance.

Outside *(above)*, the simplicity of the design pays off visually. The new room doesn't shout for attention, and new siding also covers the old part of the house. This kind of back-of-house addition can work as well on a sloping lot as it does on a flat lot situation. (This family was able to increase the size of their basement.) Either way, work out your outdoor living plans as you plan the addition. Whether deck or patio or both, it's a good investment.

The plan shows how both the kitchen and dining room benefited from the new family room. The back door of the kitchen was removed so that the sink counter could extend the length of that wall—the dotted lines indicate a large new pass-through just above the counter. The pass-through is handy for serving and offers a view across the new room. The dining room's small window was closed (solid line) and a door was opened up in one corner of the dining room.

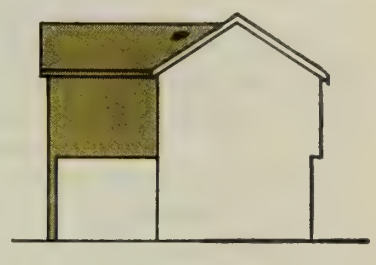
## Where to add

There are probably as many ways to add to a house as there are houses, and you should consider all possibilities for your own situation. The floor plan, roof line, slope of the lot, and location of property lines are all key factors. As you evaluate your floor plan, look for doors and windows that can provide access to the addition. And study all halls to see if one could easily be extended; or look for a room that's large enough to spare the space for a hall along one side. Often a closet can be removed to provide the space for a new hall. In general, you'll want to match the existing roof pitch, but if this is not possible, consider a flat roof or a pitch that will complement the old.

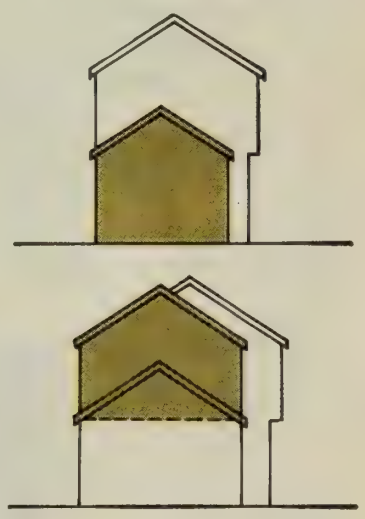
A sloping lot can be a headache—or an asset, as demonstrated in the example at left. And don't underestimate the importance of lot lines—they may dictate only one location for your addition.

To help you decide just where to hook up your addition, here are some examples of likely locations. These aren't the only answers, of course, but they are very good ones for five basic types of houses. Some are best for bedrooms, some will work for family rooms only, and several are versatile enough for either type of room.

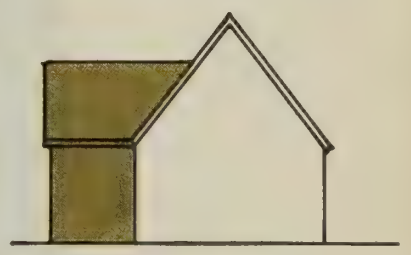
### ADDING TO A TWO-STORY



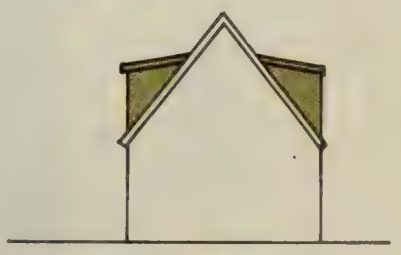
- If you'd like a new second-floor bedroom, look to the back, with access through a closet or alongside a bath. You might put the addition on pilings to create a covered patio or enclosed porch below.
- Or look to the side. If you have side yard space, it's suitable for either a family room or bedroom addition. A new family room can join dining or living rooms for a convenient back-and-forth flow of traffic, and a new master bedroom/bath is very private.
- Consider building above an attached garage. You can add space here by simply beefing up the garage's joist system, and you can usually find access by extending a hall or rearranging closets. This is a particularly good spot if a stair landing offers access.

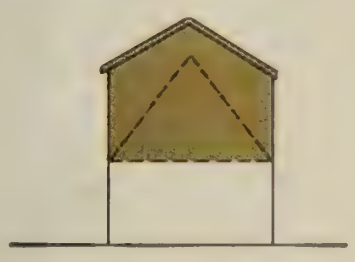


### ADDING TO A STORY-AND-A-HALF



- For this type of house, a rearward extension will usually work best. It's especially good for a family room addition, because it can join the kitchen very efficiently. If the half-story is already finished, you are also creating an attic for valuable storage space.
- Shed dormers are a good solution if the upper floor isn't finished. You can easily gain one extra room with a single dormer; two or three more rooms with two. Either way, you can tailor the much larger space to whatever purpose you have in mind.
- Or look for an uncommon solution. The first-floor structure of this type of house will usually support an entire second floor, and you net an entirely new house. The space you'll gain can work wonders both upstairs and down.





# MAJOR REMODELING

## PLANNING A BEDROOM ADDITION

Another bedroom, whether it's a private haven for the parents, a small room for one of the kids, or a dorm-type room for a couple of them, can often mean the difference between staying put or moving to a new neighborhood. And if your family doesn't need another bath, a bedroom addition is usually quite simple; even if a bath is a a must, it doesn't pose all that much of a problem, and your investment is readily recoverable should you ever decide to move. Your first decision is whether to add a kids' room or a parents' room. From there, determine the relationship to the other bedrooms in the house. Children's bedrooms usually work best linked together, but a teen-ager's suite can be disconnected. If a new master suite is your choice, then give careful consideration to a location away from the children; privacy and quiet are a couple of the big benefits. But maybe you want your family to be in close proximity. Either way, you can probably work out a good within-the-budget answer. Once you've decided what type of room you want and the general location, start thinking about access to the new room through the existing floor plan. Look for a closet that could provide hall space (and plan to replace the closet in the addition). Or look for convenient access through an existing bedroom—often the largest bedroom in the house can yield the passageway space without sacrificing its usefulness. Or, look to one of the smaller bedrooms. If there's one that is already too small to be really usable, it may be the best bet. It could be converted to a sewing room or to a home office (often with or without new walls for the hallway) if you add enough new space to give two children their own "suite" or even two separate new rooms. Be creative when you consider adding an away-from-it-all parents' retreat and look to all parts of the house—usually you can find a buffer zone in a large number of spots.



Photographs: Mike Dieter. Architect: Karl Winkler, A.I.A. Source: Maxine Schweiker






This parents' retreat shows how much a 20x25-foot addition can do for a house. Inside *(left),* the sleeping area is spacious enough for a king-size bed and a lounging spot, with plenty of room to move around. The size can be tailored to fit your needs. Without the bath and large closet, for example, the space would still be ample for two children.

Outside *(above),* the architecture of the addition is a close match for that of the original house. The vertical wood siding and the roof pitch was repeated. The gable window is glazed with tinted glass for light control. By matching the windows, siding, and overhangs to your old house, you can make an addition like this blend equally well.

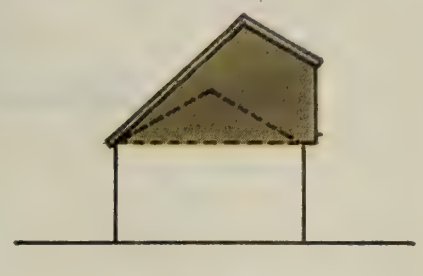
The plan shows more of the amenities this family added: a whopping clothes storage area that can also serve as a dressing area, and a convenient, well-planned bathroom. The hallway access problem was solved by eliminating a closet. That hallway demonstrates what you should look for in your house —a three-foot-wide path to the new room. Consider all possibilities carefully; an inconvenient access can sabotage an otherwise excellent addition.

As you plan your addition's location and size, keep the livability of existing rooms uppermost in your mind. This addition required closing up a window (solid line) in both the existing bedroom and the old bath. But a corner bedroom like this one doesn't suffer greatly from the loss of one window; and interior bathrooms can easily be vented by the addition of a fan. You can also preserve daylight in a bathroom with the addition of a small skylight—and you can get complete privacy in the bargain.

**ADDING TO A ONE-STORY**

- As with the two previous types of houses, look to the back first—it may be the easiest and most inexpensive spot to add the room you want. Usually you can add to the kitchen, dining, or bedroom areas. And a rearward addition usually saves money because it simplifies heating changes.
- Consider building upward, especially if you'd like either the new family room or bedroom to be well separated from the mainstream of activity. You'll need to find vertical access space and probably need to beef up the structure of the new ceiling for support.
- If your house is a U or an L shape, a front addition might be feasible. With most floor plans, a bedroom addition works especially well.



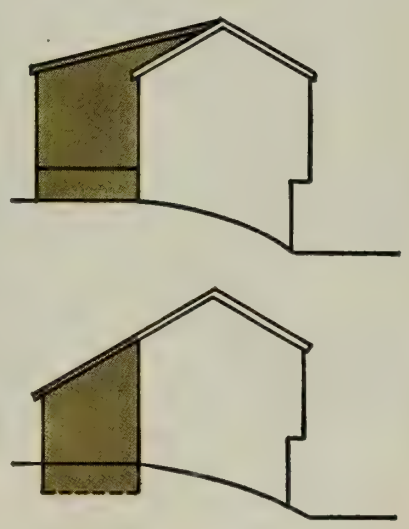




**ADDING TO A SPLIT-ENTRY**

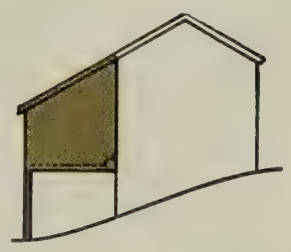
- Look up for more space, especially if you're after space for the kids. Plan access to the new topside room via a circular stair in the smallest bedroom you have. Your youngsters will get a two-level suite —a dorm in the new room above and a study/dressing area in the small room below.
- Build to the back for the best results with a family room addition. You'll usually need a raised foundation to maintain the upper floor level; tie the new roof to the existing ridge and you can create a sloping ceiling for the new room.
- Or, maintain the slope of the rear roof and create added family room space between the existing levels. Usually the roof slope continuation will result in a room at the same level as the front entry floor.

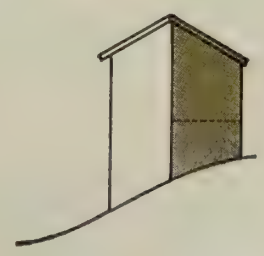


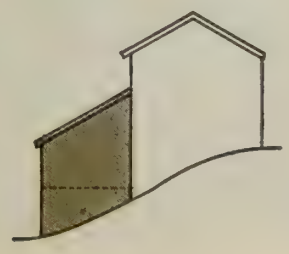


**ADDING TO A WALK-OUT BASEMENT HOUSE**

- Use the same down-a-half-level idea for this type of house. Such an addition functions very efficiently for a family room or for a secluded master bedroom. Below, you still have room for a covered patio.
- If lot lines permit, add to the side of a house that has a walkout basement. A bedroom addition to the front half, as shown here, will also make the house look much larger from the street.
- Look to the lower level, especially if you have children's bedrooms there. You can build either more bedroom space or a new children-oriented family room. This type family room keeps all the noise downstairs, while peace and quiet reigns above. If the slope of the lot is right, a new room here is the least costly way to go.







# KITCHEN REMODELING

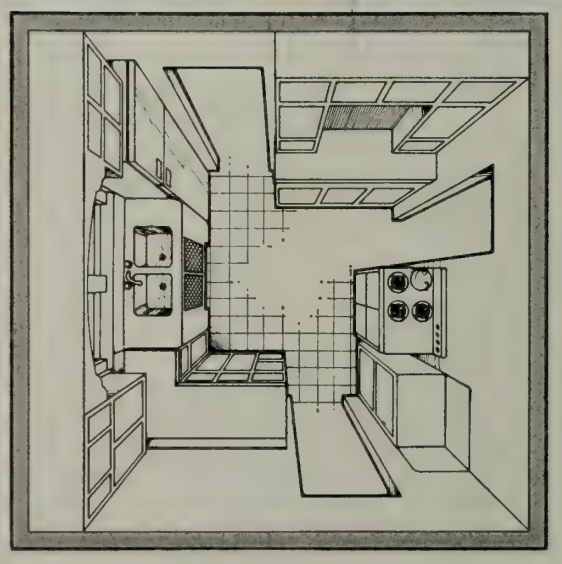
## GO-IT-ALONE OR ASK-A-PRO

By Joan McCloskey





**No kitchen is too small to profit from a revamp, but how you go about that remodeling depends on you, your pocketbook, and your carpentry skills.**



Since Judith and Bob Bell wanted to avoid major remodeling costs, totally gutting the kitchen was out. Also, the 11½-foot-square kitchen had a lot going for it, so they decided to confine the spruce-up to paint, paper, and better organization. These needs could be met with skills they had, so Judy and Bob decided to do most of the work themselves.

The Bells tackled the revamp in a step-by-step fashion. Materials and colors were chosen carefully to respect the home's architectural integrity. Old, crusty paint was sanded off the cabinets, then two coats of blue latex-type enamel were spread over them. The Bells kept the original hardware. The new quarry-patterned vinyl floor and blue plaid wallpaper were installed by a pro, but Bob did all the painting and lighting himself. Judy finished the new butcher block counters with fine steel wool and warmed linseed oil. She advises anyone finishing a similar counter to work fast to assure uniform results. Do an entire length of counter at a time and clean up dribbles immediately.

Making an ordinary kitchen super-efficient took planning. The guiding thought was: what's the most convenient location for each item? Here's how the planning turned out: A drawer adjacent to the dishwasher is for the Bells' six-year-old son Elliot. It houses plastic glasses, plates, and bowls. Serving trays cooling racks, and cookie sheets stow away vertically under the counter next to the stove. Herbs and spices line up alphabetically in a Bell-designed rack next to the range. Pots and pans are hung with bottoms to the wall from a rack built by Bob.

To make the kitchen even more efficient Bob and Judy designed an open center island on wheels with a butcher block top. A step stool hides on one side (how else could Judy reach those huge kettles on the top shelves?), stainless steel mixing bowls hang from hooks on two sides, and the fourth side holds baking staples behind closed doors. The cart can be scooted into three areas: next to the stove, between counters leading to the breakfast room and in the dining room doorway.

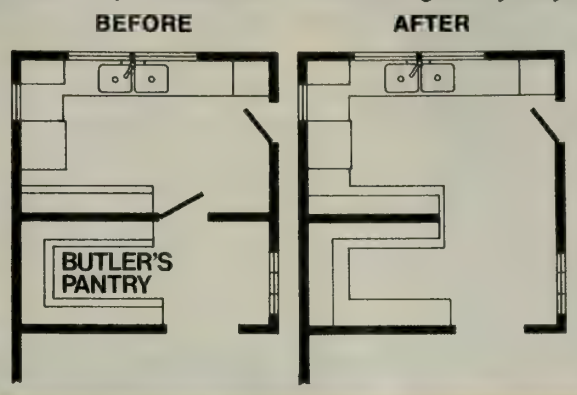
Not everyone wants to keep possessions filed neatly behind doors, yet not everything is attractive enough to be put on display. Since Judy's cooking gear is all gleaming stainless, she hangs everything close to where it's used. Even small utensils stand up in a variety of small buckets, so Judy won't have to rummage.

By tackling the jobs they knew they could handle and turning the others over to the experts, the Bells achieved a delightful kitchen

**Ask any cook which room in the house he'd like to redo first, and he'll probably answer—"the kitchen, *please.*" And that's exactly how Hal and Sylvia Ashby felt when they moved into a lovely old home—with a starved-for-light kitchen. The Ashbys faced a typical 1945 color scheme, gray, pink, and turquoise, as out of fashion as pedal pushers!**

Since Hal prefers to spend his at-home hours relaxing instead of knocking down walls, the Ashbys consulted a professional designer to help with the revamp. The collaboration paid off big. The remodeled kitchen is open and inviting—a vital part of the house, not just a utilitarian place to work and eat.

The designer first suggested that the wall separating the out-of-date butler's pantry from the dark, laboratory-like kitchen be removed to make room for a new round table. Family-favorite chairs from a previous set remained. When the pantry-cabinet wall was removed, the Ashbys recycled the old cupboards, painted them contemporary white, and added Kelly green hardware. A new white floor dotted with green diamonds makes the kitchen sparkle and repeats the hardware color.




But the real star of the remodeling is the spunky floral wallpaper. It bombards the kitchen with color and makes it seem fresh as a—well, tulip—all year long.

When the Ashbys come down for morning coffee, the cheery kitchen helps make each day brighter. "It's like spring all the time. Even on gloomy days, I'm happy working here," says Sylvia.

A penchant for plants is evident from the wallpaper pattern right down to real growing gardens. No curtains cover up the kitchen windows; outdoor greenery hangs from macrame holders. Next to the table, out of camera range, a pint-size Garden of Eden blooms in front of the east window.

This ask-a-pro approach paid off big. It turned an out-of-date kitchen into the busiest room in the house. In fact, it's hard to coax company out of the kitchen. Now it's your turn to brighten up your kitchen scenery.

**Buying information, page 120**

*Introducing for 1976*
*The Better Homes and Gardens*
*Bicentennial rose*

# Great American Roses you'll be proud to grow



*By Hamilton Mason, Beverly Garrett, and Russell O'Harra*

*We salute the American roses, the varieties bred in this country that have won a place on the international lists of classics. Some—Mr. Lincoln and Oklahoma, for example—bear names that ring with the sounds of this land. Three others—Queen Elizabeth, Montezuma, and Spartan—suggest the varied ties and origins that enrich America itself. To this collection of fine roses, we now add the Better Homes and Gardens Bicentennial rose—a 1976 beauty.*



Meet a new American, destined for greatness in gardens across the country. **The Better Homes and Gardens Bicentennial** rose, developed in honor of our nation's birthday, unfurls its bright colors for the first time this year. A free-flowering bicolor hybrid tea, this many-petaled beauty will grace your garden with bloom from June till fall. In bud form, the soft yellow reverse on the rich pink petals is clearly evident; then the flower unfolds and rosy tones dominate. The rose is beautiful, productive, and strong—we're pleased that it bears our name and proud to call it an American.

**The Better Homes and Gardens Bicentennial rose is available for planting in your garden this spring. To order plants of this rose, see page 140.**

## 1954 Queen Elizabeth





**Queen Elizabeth** is a stately and majestic pink grandiflora rose. Its ruffly flowers win praise from international rose fanciers.

**King's Ransom** is one of the best yellow hybrid teas. It's famed for its consistently fine form, both in bud and open flowers.

## 1955 Montezuma





**Montezuma** ranks as an all-time rose classic. This rose-salmon grandiflora is especially prized for fully double blooms.

**Mr. Lincoln** hybrid tea has a devoted following among expert rose growers. It bears clear, true red flowers and is very vigorous.





## 1961 King's Ransom





## 1964 Mr. Lincoln

Photographs George de Gennaro Source Pauline Graves

# Quick-Climbing Vines You Can Grow From Seeds

*Sow a pack of seeds and, presto!—you screen off a bad view, get shade or privacy, or soften a bare chain-link fence. Work this garden magic with annual vines, the quick-change experts of the plant world. They take little growing space and even less care. Just give them netting, chicken wire, or a set of strings and they'll be off and climbing. So pick your favorite from the varieties we show on these two pages and plot your vine plans.*



Grow sweet peas for cutting, or just for the pure pleasure you'll get from their fragrance and loveliness. They're a little more difficult than most annual vines, but new heat-resistant varieties like this Royal strain simplify the job.

Start sweet peas when the weather is cool, and put up garden netting for support of the six-foot-tall vines.



Beautify a trellis or screen with the button-bright flowers of *Thunbergia alata*, the black-eyed Susan vine. It grows in a hurry from seed and soon reaches the mature height of five feet, twining its way upward and sideways.

If you have seeds left over, sow them in a spot where you need a trailing ground cover. Sow where you have full sun.



If you think morning-glories are old hat, bear in mind that they're popular because they're fast-growing, reliable, and unquestionably spectacular. Stick with the all-time favorite Heavenly Blue, or try the award-winning Pearly Gates (white) or Scarlett O'Hara (crimson). Other temptors are Early Call Blue and Early Call Rose. Expect morning-glories to climb to eight-foot heights. To speed germination, soak the seeds overnight before planting. Always plant morning-glories in sun. To get the best display of flowers, feed sparingly, if at all.

Yes, that *is* the moon rising in the background, and its on-earth match mate up front is the giant moonflower—one of the most flamboyant of the annual vines. This is a plant for night people since the snowy six-inch flowers open in the evening and fade away come daylight. When the 15-foot vine comes into full bloom, you'll want to plan a garden party. The vigorous vines grow quickly, so have supports in place at planting time. Like morning-glories, moonflowers need a sunny location.



You'll reach up, not down, to pick nasturtiums when you plant the climbing type. Expect spicy-fragrant flowers, and lots of them, in every hue known to nasturtiums: yellow, orange, cherry, and scarlet. Treat yourself to daily bouquets; the more you pick, the more the eight-foot vines will produce.

Nasturtium seeds are large so they're easy to plant. Sow in a location where they can get six hours of sun daily.





Photographs: George de Gennaro, William Hopkins, Mike Dieter

You'll add flower-watching to your garden pleasures when you grow *Cobaea scandens*. The bell-like blooms, which prompted the common name of cathedral bells, stay green until they're fully open, then change to a lush purple-blue. The flowers appear in abundance on the vigorous vines. The vines can grow 20 feet in a single season, so take this into account before you plant, and set aside lots of space. In mild climates, consider this a perennial. It's a real attention getter—a one-upmanship vine. Grow it in full sun or light shade.

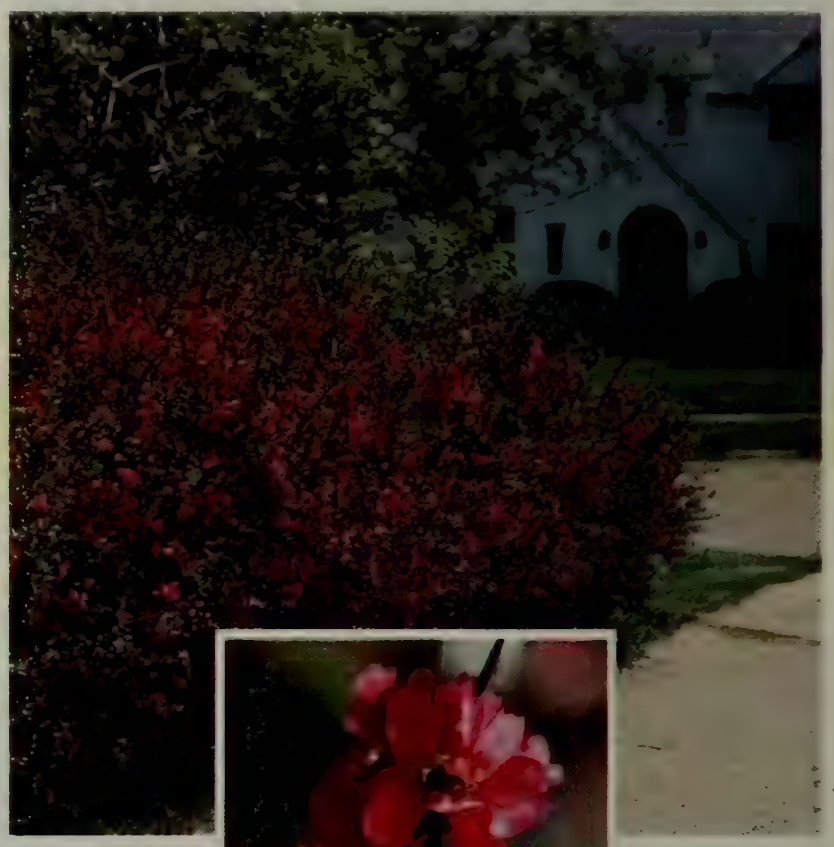
# Hedges That Give You Yards of Flowers

*Divide, define, or screen with flowering shrubs. A living fence is twice as friendly as a wooden or masonry barrier, and it'll cost you a lot less, too. Plant bare-root shrubs as early as possible this spring, and in a year or two you'll have full-grown, flower-laden privacy for your home.*

Individual flowers on the kolkwitzia or beauty-bush are dainty, but they're produced in such abundance that blooming shrubs resemble pink fountains. The graceful, arching branches add to the cascading effect. This June-blooming shrub grows vigorously to a ten-foot height and eight-foot width at maturity, so it's ideal for use as a screening hedge. Space plants three feet apart in the border. Kolkwitzia puts on thicker foliage and a heavier display of flowers when planted in full sun.

Flowering quince would be worth planting just for the two-week show of orange-scarlet flowers in May. But this tough little shrub has many other good qualities to recommend it: glossy foliage, dense growth habit, attractive fruit. The branches have thorns which many homeowners consider assets in a shrub used for hedging. The Japanese variety grows just three feet tall, ideal for a low hedge; others can reach five or six feet. Artistically twisted branches are ideal for flower arrangements.











Subtle separation often improves house-to-house relations since both properties benefit from the beauty boost. This side-lot property boundary of Hills-of-Snow hydrangea defines without excluding, and from June 15 to the middle of July it looks like an oversize white bouquet. The flowers, produced in profusion, invite cutting: they last for weeks indoors in fresh flower arrangements.

This hydrangea, which grows three to four feet tall, flowers best when given full sun, but performs beautifully in light shade. In the softer light, the white of its blossoms seems all the more pure. When they are dried, the large blossoms add mass to winter bouquets—a fine background for colorful statice and strawflower blossoms, which add a little cheer through the cold months.

In severe climates, the branches die back in winter, but new growth grows quickly from the crown of the shrub to give a full floral display the same spring.



Famed as the sunniest sign of spring, forsythia produces its welcome flowers in mid-April. Line a drive with these reliable shrubs and you'll have a solid ribbon of color for three weeks or more; the leaves hold back until the flowers fade, so the sharp gold shows undiluted. When full-grown, a forsythia is eight feet tall and almost as wide. For a hedge, center the shrubs three or four feet from your property line or drive. In late March, branches may be brought inside and forced into bloom.

If you want a beautiful barrier between you and sidewalk strollers, outline your lawn with the F. J. Grootendorst rose. Growing dense and thorny, the five-foot shrubs can even detour wandering dogs. All this and beauty, too—abundant clusters of carnation-like flowers blanket the plants in June, then reappear intermittently till hard frosts. For a dense look, set plants two feet apart in a row. To protect passersby from thorny branches, center plants three feet from the sidewalk.









Double the beauty of a decorative fence by planting a lineup of Froebel spirea in front of it. A favorite among the low-growing hedging plants, Froebel spirea maintains its neat four-foot height with little or no pruning help on your part. The clusters of rosy flowers appear in early June and stay in peak form for two to three weeks.

The Froebel spirea is completely accommodating; it likes sun but will produce when set in light shade. Seldom troubled by insects or diseases, this low-care shrub needs no spraying. It can even withstand droughts without permanent damage. Its sturdy nature makes it ideal for side foundation plantings.

Photographs William Hopkins. Source Larry Grove

By Doris Eby and
Nancy Byal

# AMERICA: THE MELTING POT OF GOOD COOKING

We Americans are a blend of divergent nationalities—and so is our cooking. That's why Better Homes and Gardens decided to dip into the ethnic melting pot for our Bicentennial tribute to American cooking.

Last December, we introduced you to four families of European ancestry who have retained their German, Norwegian, Greek, and Dutch holiday food customs. This month we invite you to partake of the rich food heritages of the Oyenque and Montoya families (American Indian), the Ahoys and Rosses (Indian), the Wongs (Chinese), and the Koticks (Jewish). Each family has cherished the style of home cooking that has been handed down through generations, but the recipes have been updated to fit family living today.

## *American Indian Feast Day*



**Pueblo Bread, fresh from the hornos, is decorated with flowerlike topknots of dough when it's made for special occasions.**

Of all the food cultures that have melted into our cooking cauldron, none can claim more native flavor than that of the American Indian. The foods that sustained these people for centuries have also become an integral part of many other Americans' diets.

Like many contemporary American Indian families, the Oyenques and Montoyas of New Mexico have preserved a close link between their Pueblo heritage and today's life-styles. The many feasts that they cele-



Photographs: Helms Source: Norma Buford



Simonita covers the rich fruit filling with a top crust for the Prune-Raisin "Pie," then lightly scores it in squares. Additional baked pies sprinkled with sugar stand out in the foreground along with puffy and crisp Indian Fry Bread and Capirotado, an Indian bread pudding.



Disks of Indian Fry Bread are cooked, one at a time, in hot lard over ashes till golden brown.

brate annually are one means by which they keep the longstanding traditions alive.

With Eva Montoya as our hostess, we were invited to share in St. John the Baptist Feast Day at the home of her parents, José and Simonita Oyenque. The celebration is a mix of Catholic rituals, Indian ceremonies, carnivals, fairs, and cultural exchanges, not to mention special feasting at home. continued



Catherine, Eva's daughter, enjoys a feast day as much as the adults do.



Eva's aunt, Helen Cruz, hand-pats Indian Fry Bread on her lap, then punches a hole in the center with her finger before frying the bread.



To help temper the hotness of the chili peppers, Geronima Montoya, Eva's mother-in-law, roasts them in hot ashes.

**American Indian Feast Day**

Many of the recipes served are the same ones that Pueblo ancestors prepared long ago. And many of the foods are cooked in the same time-honored ways.

As you would expect, corn leads the list of mainstay foods, followed by beans, squash, and chili peppers. The importance of corn to the Indian cannot be overstated. In cooking, it's used fresh, dried, roasted, and ground. And it is as closely allied to the Indians' religious and ceremonial life as to their diet. Although José works full time in Los Alamos, he still farms on a small scale to keep the family well stocked with the four staples, in addition to an assortment of other vegetables.

The feast day cooking is accomplished by a combination of modern and old-fashioned techniques. Simonita's kitchen is equipped with today's cooking appliances as well as a wood stove, and she knows how to use them with equal proficiency. Simonita taught herself to cook when she was 13. Since then, she's raised a family of seven, and now cooks at a nearby Indian school.

The focal point of this traditional dinner is a variety of chilis, which are accompanied by several kinds of breads. Generally based on meat, corn, and/or beans, these chili mixtures are liberally seasoned with hot chili peppers so they closely resemble their Mexican counterparts. (Surprisingly, chili peppers are not native to the American Indian cuisine, but were acquired from Spanish invaders.)



For the Oyenques and Montoyas, the time to enjoy a bounty of good eating has finally arrived.



Indian Feast Day Cookies and Prune-Raisin "Pies" demonstrate Simonita's kitchen artistry. The cookies are first cut in squares, then each square is cut and hand-shaped into an assortment of decorative designs.

The breads and pies are traditionally cooked outdoors. Some are fried over an open fire, while others are baked in thick-walled, beehive-shaped adobe ovens called *hornos*. Cedar kindlings are burned in the ovens about an hour or so till the desired baking temperature is reached. ■

Recipes begin on page 95



Just before the Oyenques and Montoyas sit down, Eva arranges the tableful of festive dishes. From front to back, there are Green Chili, Garbanzo Stew, Rice Pudding, Chico Stew, Indian Feast Day Cookies, Indian Fry Bread, Red Chili (behind pitcher), and Pueblo Bread.



The foods at this typical feast-day dinner are representative of what the Pueblo Indians eat every day. All of the food dishes they prepare are simply yet tastefully seasoned.

# From India—A Festive Dinner

A strong desire to preserve their Indian cooking legacy has resulted in an enjoyable pastime and rewarding work for Breena Ahoy and Cynthia Ross. Although the Ahoy and Ross families have been friends for many years, the two women decided just 1½ years ago to pool their culinary know-how. Since that time, they have cooperatively prepared special dinners, shown Indian foods at exhibitions, and are now collaborating on a cook book. Cynthia also teaches Indian cooking.

Both Breena and Cynthia are originally from India—Breena from Kampur in the north and Cynthia from Madras in the south. Their native cities are markedly different, and the contrast has strengthened the working partnership. Due to cultural and religious practices as well as to geography, Indian cooking varies greatly from one region to another. Generally, northern India continued



Cynthia and Breena arrange the foods around fresh fruits. From left to right, there are golden Pullao, Malayalee Prawn Curry, puffy Pooris, Cucumber Relish, yogurt-based Onion Raitha, dal or cooked lentils, tomato-topped Subzi Kari, lacy tapioca wafers and lentil papadams, and Moorgh Vindaloo.



For Rasgullas, Breena shapes ricotta cheese dough around a sugar cube, then simmers the cheese balls very slowly in a sugar syrup.



First the onion, then the spices, garlic, and fresh gingerroot are browned in butter to develop the seasoning for Subzi Kari.



Prawns and green beans are cooked with chili pepper, coriander, and bay leaf for Malayalee Prawn Curry, a dish from southern India.



Breena helps her husband Chris fill his silver thali, a traditional Indian dinner plate.



Chris and his sister are Chinese, but they grew up in India and are familiar with Indian foods.



Breena's mother and a guest make their way around the colorful buffet table.

**From India—A Festive Dinner**

is best known for rich meat dishes, southern India for curries and vegetarian meals.

When we visited at the Ahoys, Breena and Cynthia featured an Indian festival dinner with foods from many different segments of their culture. (Indians delight in celebrations and are even reputed to have a festival for every day of the year.) The abundant buffet was prepared in truly colorful Indian fashion with, of course, a generous sampling of curries. But oddly enough, nowhere was the familiar curry powder used. To the Indian, *kari* (from which "curry" is derived) means seasoned sauce. The spice blend in the sauce varies from one recipe to another and is typically freshly ground from whole spices. Breena and Cynthia still blend their own mixtures, although for convenience they sometimes opt for combining pre-ground spices.



Pooris are deep-fat fried in a karhai, the Indian counterpart to a wok.

Spice flavors are also altered by the way in which they are used. Whole spices cooked with the main ingredients impart a different taste from those same spices added in ground form. Lightly browning the spices in oil brings out their flavor and aroma.

Breena and Cynthia concede that Indian foods are reputed to be and can be fearfully spicy and tearfully hot but insist this doesn't have to be the case. To prove the point, they tamed their recipes somewhat for us. They also noted that the fried wafers, relishes, pickles, and chutneys commonly served with the typical Indian meal are mild-flavored to temper and complement the spicy dishes. ■

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Some of the guests enjoy dinner around Breena's coffee table. This dinner is served with standard table- and silverware. Families who eat Indian dishes as finger foods use the right hand only.

Photographs: Lyon. Source: Norma Buford



Fresh fruits are generally served at the end of a meal. But on festive occasions, special sweets such as these fudge-like Barfi and mint-garnished Rasgullas are also included.

# Chinese Food, Family Style

Peking, Honan, Szechwan, Canton, and Fukien are names of general schools of Chinese cooking you may have heard and/or read about. Some Chinese cooks have built their reputations on the specialties from one of these schools of cooking.

But in the David and Pansy Wong household, Chinese cooking is not that clear-cut. The Wongs take the best of several schools, add a hefty amount of imagination, then prepare and serve the foods "Wong" style. More than one guest has credited them—and rightly so—with creating something extraordinary out of practically nothing.



A built-in wok for stir-frying is the essential cooking unit in the Wong kitchen.



The Wong's youngest daughter, Donna, can hardly wait for dinner to start.

The key to David's and Pansy's cooking (they share the cooking responsibilities) is flexibility. They start with many simple, inexpensive ingredients, then vary the ingredients to the season of the year and availability. For instance, in the winter, thinly sliced fresh broccoli may take the place of fresh pea pods. Fresh and canned ingredients are used



Fresh squab purchased from a Chinese food store must first be dressed. The cutting and trimming job is easy to perform with a razor-sharp cleaver.



The shrimp are cooked in their shells with a seasoned sauce for peppy Oriental Shrimp.



When it's just David, Pansy, the children, and perhaps a guest or two for dinner, David generally serves the meal family style. Chopsticks are standard Wong tableware.

interchangeably in their cooking, too.

In addition, their kitchen is designed to suit the Wongs' specific cooking needs. Its outstanding feature is a built-in wok. In traditional Chinese fashion, the foods are stir-fried quickly to capture fresh taste and texture.

David and Pansy are equally at ease whether they're cooking for a family of five, which includes children Lisa, Stephen, and Donna, or for a family of 50 plus. (Pansy has five brothers, David six brothers and one sister, not to mention spouses, children, and grandparents.) It's not uncommon for the whole Wong clan to assemble for a get-together. And when they do, it's David and Pansy who prepare all the food! That requires considerable cutting and slicing, so the Wongs save time by doing all of that work ahead. Then using the wok, they can stir-fry a buffet dinner in less than an hour.■

Recipes begin on page 103



Oyster sauce-seasoned Beef with Oriental Peas, glazed Lemon Squab garnished with onion curls, and Winter Melon Soup are three of the Wong's favorite recipes.

Photographs de Gennaro

# Traditional Jewish Cooking



Dale sometimes prepares Beef Borsch, topped with a nondairy imitation sour cream, and Barley Kugel. Traditional Challah complements the combination.

Even though Dale Kotick loves to cook many different foods, she gets a special glow when she prepares traditional Jewish dishes. Their tantalizing aromas take her back to the days when she was a little girl, and her Russian-born grandmother, an outstanding cook, would have the whole family over for traditional Friday Sabbath dinners and for holiday meals.

The Kotick family's Jewish heritage makes their contribution to our melting pot of cooking unique. Unlike the ethnic cuisines that represent national traditions, Jewish cooking is based primarily on age-old religious dietary laws that transcend national boundaries. Foods and the methods of cooking them are classified as fit and proper to eat (kosher) or forbidden or "trayf" (not kosher). As a result of Old Testament writings and rabbinical decree, no pork or shellfish is permitted, meats must be butchered following prescribed methods, and meat and dairy dishes cannot be eaten in the same meal. These are just a few of the rules that affect cooking practices in Jewish homes. Although Dale has relaxed some traditions in her home, her cooking still clearly shows their influence.



Robin learned to make bread in school. Braided Challah is one of her accomplishments.

Despite her busy schedule (caring for three children and working as her husband's dental receptionist), Dale still finds the time to cook Jewish foods, and she does it with all the fervor of her grandmother. Today the Koticks generally reserve the traditional Jewish foods for religious holidays or integrate them into their Americanized family dinners. The night of our visit, Dale served us an all-meat meal—no dairy foods. Eggs, fish, fruits and vegetables, and breads and cereals are unrestricted, so they were used to round out the meal.■

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George crushes the crackers for Chicken Liver Stuffing that Dale uses with a breast of veal. We've used veal chops in our adaptation.



Three of Dale's favorite Jewish desserts are prune-filled Hamentaschen, Raisin-stuffed Baked Apples, and Hot Dried Fruit Compote.

Photographs: Helms. Source: Bonnie Maharam



Because Joel and Dale Kotick believe in passing on the Jewish food traditions to their children, Robin, George, and Joannie, they try to make family dinner a special occasion to remember. The tableful of food includes (starting at front) Carrot Tzimmes, Gefilte Fish nested in lettuce, a bowl of Matzo Ball Soup, Kasha Varnitchkes, Veal with Chicken Liver Stuffing, and fresh-baked Challah.

# Give me the Campbell



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**It's not going to any trouble when they asked you not to go to any trouble.**

The elegant "you-shouldn't-have" dinner shown here starts with a beautiful broth: Campbell's Beef Broth garnished with a slice of mushroom. And your elegant entree: Beef Roll-Ups simmered in Campbell's Golden Mushroom Soup. It brings out the best flavor of your beef, while it lends a provocative flavor of its own.

**BEEF ROLL-UPS**

1½ cups herb seasoned stuffing
1½ pounds thinly sliced round steak (¼-inch thick)
2 tablespoons shortening
1 can Campbell's Golden Mushroom or Cream of Mushroom Soup
¼ to ⅓ cup water

Prepare stuffing as directed on package. Cut steak into 6 pieces (6x4 inches); pound. Place about ¼ cup stuffing near center of each piece of steak. Starting at narrow end, roll up. Tuck in ends; fasten with toothpicks or skewers. In skillet, brown roll-ups in shortening; pour off fat. Stir in soup and water. Cover; cook over low heat 1 hour or until done. Stir occasionally. Makes 6 servings.

Another entree that looks as if you had spent hours in the kitchen to make is Beef Stroganoff.

**BEEF STROGANOFF** (not shown)

1 pound boneless round steak (¾-inch thick)
½ cup chopped onion
2 tablespoons butter or margarine
1 can Campbell's Golden Mushroom or Cream of Mushroom Soup
½ cup sour cream
¼ cup water
½ teaspoon paprika
Cooked noodles

Freeze meat 1 hour to firm (makes slicing easier); slice into very thin strips. In skillet, cook onion in butter until just tender; push to one side. Add meat; cook until color just changes. Add remaining ingredients except noodles. Heat; stir occasionally. Serve over noodles. Makes about 3½ cups.

Entertaining made easy is one of the advantages of the Campbell Life.




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# America: the melting pot of good cooking

**CHICOS or GARBANZO STEW**

3 cups water
½ cup chicos (dried corn) *or* 1 cup dry garbanzo beans
1 pound beef stew meat
1 cup chopped onion
1 teaspoon salt
⅛ teaspoon pepper

In saucepan, combine water and chicos or garbanzo beans; bring to boiling. Reduce heat and simmer, uncovered, for 2 minutes. Remove from heat. Cover; let stand several hours. Return to boiling; simmer, covered, ½ hour for chicos or 1 hour for garbanzo beans. Add remaining ingredients. Simmer, covered, till tender, about 1½ hours. Season to taste. Makes 4 servings.

**CHICOS** (Dried Corn)

12 ears fresh corn in husks

Carefully peel back husks, leaving them attached at base of corn. Clean corn, removing silks. Fold husks back into position. Place on wire rack in large shallow baking pan. (Allow space between ears so air can circulate.) Bake in 325° oven for 1½ hours. Cool. Strip off husks. Hang corn, so ears do not touch, in a dry place till kernels are dry, at least 7 days. Makes about 6 cups shelled corn.

**PUEBLO BREAD**

2 packages active dry yeast
½ cup warm water (115°)
¼ cup lard, melted and cooled, or cooking oil
2 teaspoons salt
6¾ to 7 cups all-purpose flour
2 cups warm water

Soften yeast in the ½ cup warm water, about 5 minutes. In a large mixing bowl, combine melted lard, salt, and softened yeast. Alternately add most of the flour and the remaining 2 cups water, a little at a time, beating thoroughly by hand after each addition. Turn out and knead in remaining flour till dough is very smooth, about 6 to 8 minutes. Shape in ball. Place in greased bowl, turning once to grease surface. Cover; let rise in warm place till double, about 1 hour. Punch dough down; turn out and knead on lightly floured surface for 3 minutes. Cover; let rest 10 minutes. Divide dough in four pieces. Roll one piece to a 10x5-inch rectangle. Make crease 3½ inches from one narrow end. Fold smaller portion over to within 1½ inches of opposite end. Place on greased baking sheet. With kitchen shears, cut 3



slashes crosswise in top fold of dough. Repeat with remaining pieces of dough. Cover; let rise till nearly double, 30 to 40 minutes. Bake in 400° oven for 20 to 25 minutes or till done. Makes 4 loaves.

**CAPIROTADO** (Indian Bread Pudding)

*Baked with a spiced sugar syrup—*

8 slices white bread, toasted and torn in pieces (6 cups)
½ cup raisins
1 tablespoon ground cinnamon
1 teaspoon ground nutmeg
1 cup sugar
1½ cups hot water
1 cup (4 ounces) shredded natural cheddar cheese

In bowl, combine toast pieces, raisins, and spices; set aside. In heavy skillet, heat and stir sugar over low heat till melted and golden brown, about 20 minutes. Remove from heat; carefully stir in hot water. Return to heat to dissolve mixture about 5 minutes. Pour syrup evenly over toast mixture; toss to moisten. Turn *half* the mixture into lightly greased 1½-quart casserole; sprinkle with cheese. Top with remaining toast mixture. Bake uncovered, in 325° oven for 20 minutes. Serve warm. Makes 6 servings.

**RICE PUDDING**

2 cups cooked long-grain rice
1¼ cups evaporated milk
½ cup raisins
¼ cup sugar
½ teaspoon ground cinnamon

In saucepan, combine all ingredients. Cook, uncovered, over low heat for 15 minutes. Cool, then chill. Spoon into dishes. Serve with light cream, if desired. Makes 4 or 5 servings.



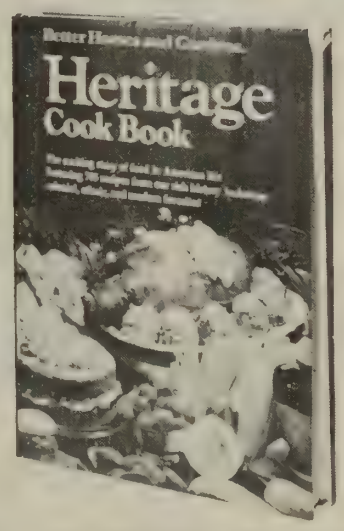
**SOPAPILLAS** (Indian Fry Bread)

2 cups all-purpose flour
¼ cup instant nonfat dry milk powder
2 teaspoons baking powder
1 teaspoon salt
1 tablespoon lard
¾ cup warm water
Cooking oil for deep-fat frying

Stir together flour, nonfat dry milk powder, baking powder, and salt. Cut in lard till mixture resembles coarse crumbs. Stir in water. Turn out onto floured surface; knead to a smooth ball, 10 to 12

**continued on page 100**

**HERITAGE COOK BOOK**




A delicious blend of past and present, new-world ingredients and the old-world customs, resourcefulness and remembrance—that's American cooking. And now, you can learn the whys, whats, and how-tos of this centuries-long culinary adventure in the pages of the brand-new *Better Homes and Gardens Heritage Cook Book.*

More than 700 recipes take you from the cooking hearth of colonial times to the microwave oven of today. The margins provide nuggets of information about the recipes—where they came from, who served them, and on what special occasion. And short chapters trace the cooking equipment, skills, and cook books women used as they gardened, put up preserves, and salted down meat to keep their families well nourished.

Although the recipes can't be dated like battles and treaties, they are grouped according to the time period when they were most popular.

The foods that were chosen reflect the customs of the newcomers who, first as colonists and later as immigrants, came to a new land hoping to cook just as they had at home. Instead, they had to cope with shortages and surpluses, new conditions and unfamiliar ingredients. The newcomers improvised, innovated, and improved. Later, the pioneers and homesteaders repeated the process. And it wasn't long until home cooking had a distinctly American flavor.

Throughout the *Heritage Cook Book,* paintings, photographs, and drawings—plus brief overviews of events—put American history in perspective. You can start your cooking adventure with the era, region, or nationality that interests you most. Some dishes are easy to make. Others require some cooking know-how. All are updated to use ingredients available today.

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FAMILY FOOD IDEAS




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File under Desserts

# START WITH CAKE MIX

## Date Nut Dream Squares

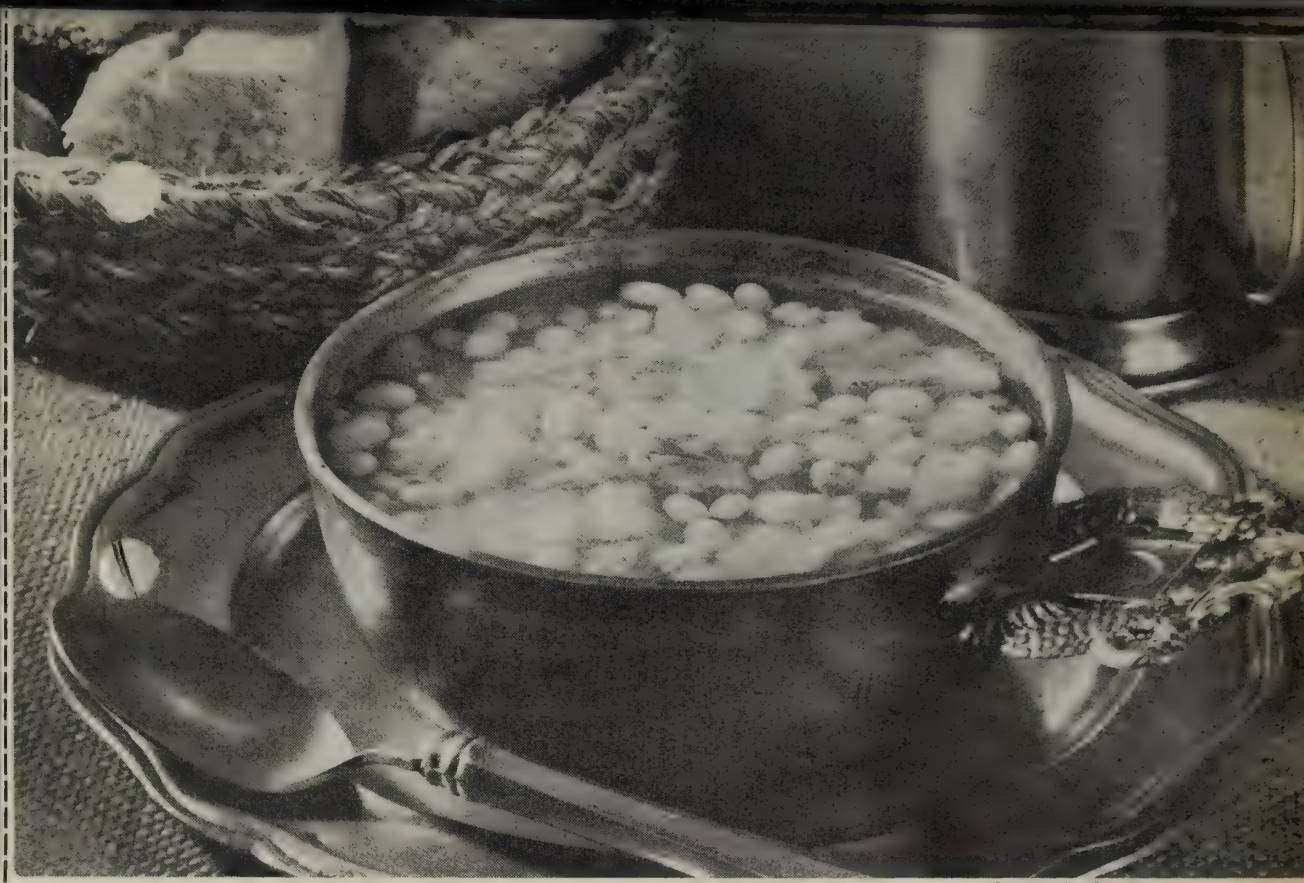
*This card-party pleaser takes first place as a shortcut dessert—*

1 package 2-layer-size yellow cake mix
1 3¾-ounce package *instant* coconut cream pudding mix
½ cup butter or margarine, softened
1 slightly beaten egg
½ cup all-purpose flour
½ cup packed brown sugar
¼ cup water
2 eggs
1 teaspoon vanilla
⅛ teaspoon salt
1 8-ounce package pitted dates, snipped (1⅓ cups)
½ cup chopped walnuts

In large mixer bowl, combine cake mix, pudding mix, butter or margarine, and the first egg. Beat at low speed of electric mixer *just* till crumbly, about 1 minute. Reserve ½ cup crumb mixture. Press remaining mixture into bottom of greased 13x9x2-inch baking pan. Bake in 350° oven for 15 minutes. Meanwhile, in same bowl, combine flour, brown sugar, water, the remaining egg, the vanilla, and salt; beat smooth. Stir in dates and nuts; carefully spread over base. Sprinkle with reserved crumbs. Bake in 350° oven for 20 to 25 minutes. Cool. Cut in squares. Serve with whipped cream, if desired. Makes 12 servings. *Louise Cote, Flint, Mich.*



Cut along dotted line



Photographs: Dieter

File under Casseroles and one-dish meals

# BEAN MAIN DISHES

## Bean and Squash Soup

*Butternut, crookneck, or hubbard squash will add its flavor and golden color to this winning bean main dish—*

1 pound (2½ cups) dry navy beans
8 cups water
2 pounds winter squash, pared, seeded, and cubed (4 cups)
1 meaty ham bone (about 1 pound)
1 cup chopped onion
1 cup chopped celery
1½ teaspoons salt
¼ teaspoon pepper

In 5-quart Dutch oven, combine beans and water. Bring to boiling, reduce heat, and simmer 2 minutes. Remove from heat. Cover and let stand 1 hour. (Or, soak beans in water overnight.) *Do not drain.* Add *half* the squash, the ham bone, onion, celery, salt, and pepper. Bring to boiling; cover and simmer 1½ hours. Remove ham bone; cool slightly. Partially mash beans with potato masher. Cut meat from bone and dice; return meat to Dutch oven along with remaining squash. Simmer, covered, 20 minutes more. Season to taste. Makes 8 to 10 servings.

*Mrs. Roger C. King, Metaline Falls, Wash.*




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## French Lima Stew

1 pound (2½ cups) dry lima beans
8 cups water
1 pound bulk pork sausage
1 cup (5 ounces) cubed cooked ham
½ cup chopped onion
1 can condensed golden mushroom soup
2 tablespoons catsup
¼ teaspoon garlic powder
1 bay leaf

In 4-quart Dutch oven, combine beans and water. Bring to boiling; reduce heat and simmer 2 minutes. Cover; let stand 1 hour. (Or, soak beans in water overnight.) *Do not drain.* Simmer, covered, for 1¼ to 1½ hours. Drain, reserving 1½ cups liquid. In skillet, combine sausage, ham, and onion. Cook till meat is browned and onion is tender; drain off excess fat. Add meat mixture to beans in Dutch oven. Stir in reserved bean liquid, soup, catsup, garlic powder, and bay leaf. Cover; simmer 20 minutes more. Makes 6 to 8 servings.

*Mrs. Jack H. Bertolucci, Sacramento, Calif.*



## Acapulco Bean Casserole

1 cup chopped onion
1 cup chopped celery
2 tablespoons butter or margarine
2 15-ounce cans chili with beans
1 15-ounce can refried beans
1 12-ounce can whole kernel corn, drained
2 4-ounce cans (1 cup) taco sauce
¼ teaspoon salt
10 corn tortillas, torn up
1 cup (4 ounces) shredded sharp cheddar cheese

In saucepan, cook onion and celery in butter or margarine till tender but not brown, about 10 minutes. Stir in chili, refried beans, corn, taco sauce, and salt. Arrange *half* the tortilla pieces in 13x9x2-inch baking dish; top with *half* the chili mixture. Repeat layers. Bake, covered, in 350° oven for 45 to 50 minutes. Sprinkle cheese atop. Bake, uncovered, 2 to 3 minutes more or till cheese is melted. Garnish with fresh whole chili peppers, if desired. Makes 8 servings.

*Ruby May Watson, Dallas, Tex.*



## Greek Lemon Cake

*Farina gives a coffee cake texture—*

1 package 2-layer-size lemon cake mix
1 cup uncooked farina
1 cup milk
5 eggs
½ cup cooking oil
1 cup chopped walnuts
1½ cups water
1 cup sugar
½ teaspoon finely shredded lemon peel
3 tablespoons lemon juice

In large mixer bowl, combine cake mix and farina. Add milk, eggs, and oil. Beat at medium speed of electric mixer for length of time given on cake mix package. Stir in ¾ cup of the nuts. Divide batter evenly between two greased 9x9x2-inch baking pans. Bake in 350° oven for 30 to 35 minutes or till cakes test done. Place on wire racks; do not remove cakes from pans. Meanwhile, in saucepan, combine water, sugar, lemon peel, and lemon juice; bring to boiling. Boil gently, uncovered, for 10 minutes. With tines of fork, prick holes in tops of hot cakes. Slowly spoon half the hot syrup over each cake. Sprinkle with remaining nuts. Cool. Makes two cakes.

*Mrs. Mary C. Tambakis, Fairfield, Conn.*



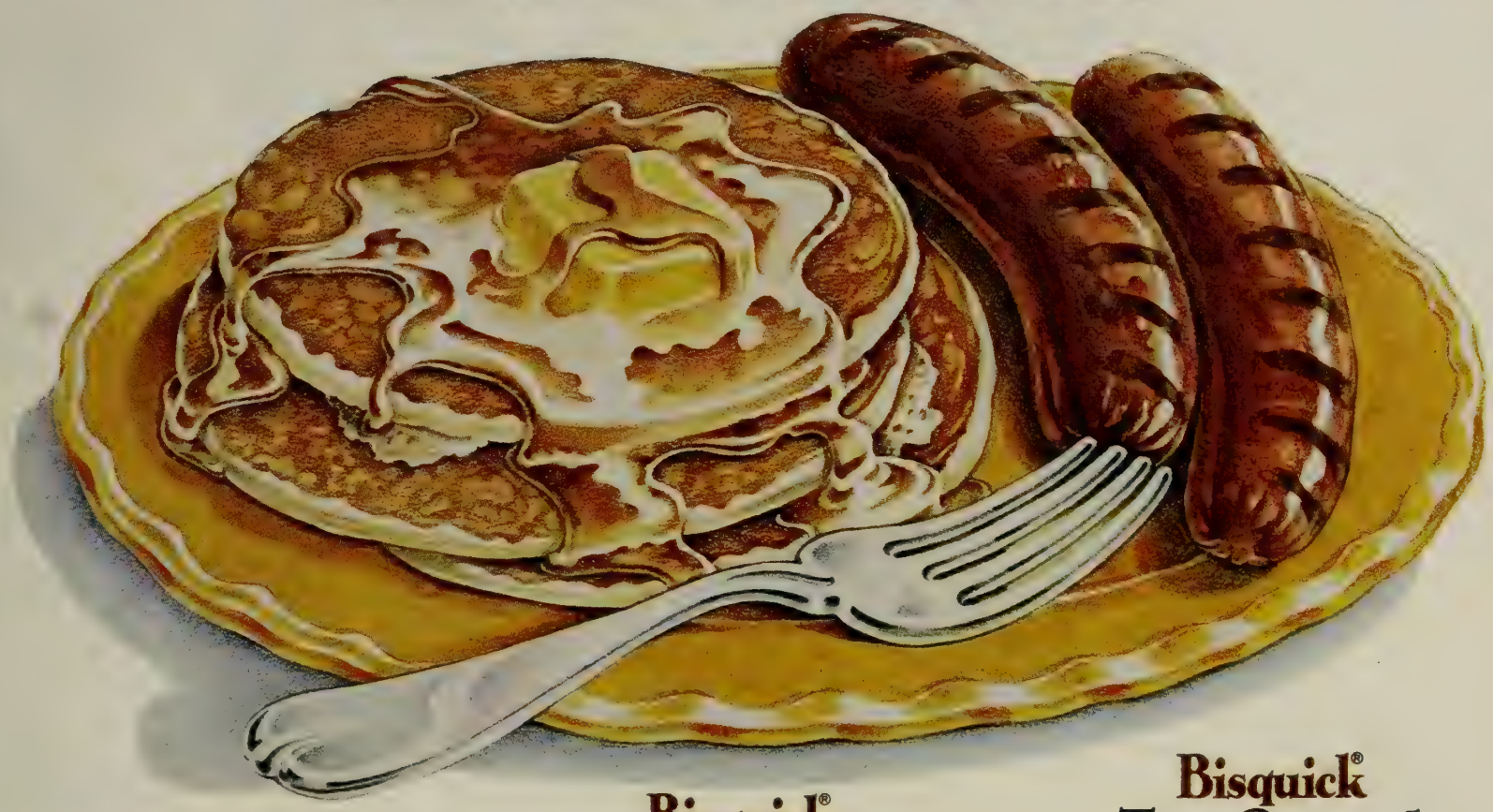
## Raisin Pudding Cake

1 package 1-layer-size spice *or* yellow cake mix
⅓ cup milk
½ cup raisins
¼ cup chopped pecans
1 cup water
⅓ cup packed brown sugar
4 tablespoons butter or margarine
½ teaspoon vanilla

In mixing bowl, combine cake mix and milk; beat till smooth. Stir in raisins and pecans; set aside. In small saucepan, combine water, brown sugar, and butter or margarine; bring to boiling. Stir in vanilla. Pour into an ungreased 8-inch round baking dish. Immediately drop cake mixture by tablespoonfuls onto hot syrup. Bake in 350° oven for 25 minutes or till cake topping tests done. Serve warm with ice cream, if desired. Makes 6 servings.

*Mrs. W. W. Jones, Corpus Christi, Tex.*

# The Economy Presents The Pancake



FAMILY FOOD IDEAS

Bisquick's hot applesauce pancakes with grilled franks. The kind of good old-fashioned supper that makes economizing a little more palatable.

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Pancake suppers, from Bisquick. An idea whose time has come again.

## Bisquick® Applesauce Pancake Supper

2 cups Bisquick baking mix
2 eggs
1 cup applesauce
½ cup milk
1 teaspoon cinnamon
1 teaspoon lemon juice

Beat all ingredients with hand beater until smooth. Pour scant ¼ cup batter onto hot griddle. Bake until golden brown; turn and bake other sides. Serve hot with frankfurters or sausages. 4 servings.

## Bisquick® Chicken-Cheese Pancakes

2 tablespoons butter or margarine
2 tablespoons Bisquick baking mix
½ teaspoon salt
¼ teaspoon mace
¼ teaspoon paprika
¼ teaspoon pepper
2 cups milk
2 cups cut-up cooked chicken
1 cup shredded Cheddar cheese
Pancakes

Heat oven to 375°. Melt butter over low heat. Blend in baking mix, salt, mace, paprika and pepper. Cook, stirring constantly, until smooth and bubbly. Remove from heat; stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Mix chicken, cheese and ⅓ cup sauce. Prepare Regular Pancakes as directed on Bisquick package but —increase milk to 1⅔ cups; pour ½ cup batter onto hot griddle. Bake as directed; cool slightly. Spread about ⅓ cup chicken mixture on each pancake. Roll up; place seam sides down in baking dish, 13½x8¾x1¾ inches. Pour half of the remaining sauce over pancakes; sprinkle with additional cheese. Bake until sauce is bubbly, about 20 minutes. Serve remaining sauce over pancakes. 6 servings.

## Bisquick® Tuna Oriental Pancake Supper

1½ cups sliced celery
⅔ cup chopped onion
½ cup chopped green pepper
2 tablespoons butter or margarine
¾ cup mayonnaise
1 tablespoon prepared mustard
1 tablespoon chopped pimiento
¾ cup milk
1 can (6½ ounces) tuna, drained
½ teaspoon salt
¼ teaspoon pepper
Pancakes
1 can (3 ounces) chow mein noodles

Cook and stir celery, onion and green pepper in butter until crisp-tender. Mix mayonnaise, mustard, pimiento and milk until smooth; stir in tuna, salt and pepper. Stir into celery mixture; keep warm.




Prepare Regular Pancakes as directed on Bisquick package except—pour ⅓ cup batter onto hot griddle. Bake as directed. Fold chow mein noodles into tuna mixture. Spread each of 4 pancakes with about ¾ cup tuna mixture; top with remaining pancakes and about ¼ cup tuna mixture. 4 servings.

**Bisquick®. An idea whose time has come again.**

continued from page 95

# America: the melting pot of good cooking

strokes. Divide dough in eight balls. Cover; let rest 10 minutes. On floured surface, roll each ball to a 6-inch circle. With finger, make a hole in center of each. Fry, one at a time, in deep hot fat (400°) till golden brown, about 1½ minutes, turning once. Drain on paper toweling. Makes 8.

### GREEN CHILI

*Use hot peppers to your liking—*

**1 pound beef stew meat, diced**
**1 cup water**
**1 clove garlic, minced**
**1 teaspoon salt**
**1 or 2 fresh hot green chili peppers**
**2 sweet green peppers, cut in strips**

In 2-quart saucepan, combine beef, water, garlic, and salt; cover and simmer 1 hour. Meanwhile, place chili peppers on baking sheet; bake in 400° oven till browned and skin splits, about 25 minutes. Cool slightly. While still warm, peel skin; halve peppers and remove seeds. Finely chop chili peppers. Add to meat mixture along with green pepper strips. Simmer, covered, 20 minutes. Uncover and simmer 10 minutes more. Makes 4 servings.

### RED CHILI

**1 pound boneless lean pork, cut in ¾-inch cubes**
**2 tablespoons shortening**
**1 cup water**
**4 to 6 teaspoons chili powder**
**½ teaspoon salt**
**1 clove garlic, minced**
**2 medium potatoes, pared and cut in 1-inch cubes (2 cups)**

In large saucepan, brown half the meat at a time in hot shortening. Drain off excess fat; return all meat to pan. Add water, chili powder, salt, and garlic. Cover and simmer 35 minutes. Add potatoes. Cover and simmer 20 to 25 minutes more or till meat and potatoes are tender. Makes 4 servings.

### PRUNE-RAISIN "PIES"

*Each square of "pie" tastes like a filled raisin cookie—*

**1½ cups (8 ounces) raisins**
**1½ cups (9 ounces) pitted prunes**
**2 cups water**
**⅓ cup sugar**
**½ teaspoon ground cinnamon**
**⅛ teaspoon ground cloves**
• • •
**3 cups all-purpose flour**
**1 teaspoon baking powder**
**1 teaspoon salt**
**⅔ cup shortening**
**⅔ cup cold water**

Finely chop raisins and prunes. In saucepan, combine raisins, prunes, and water. Cover; bring to boiling. Reduce heat and simmer 20 minutes. Cool; drain. Stir in sugar and spices. Set aside.

In mixing bowl, stir together flour, baking powder, and salt; cut in shortening with pastry blender till mixture resembles small peas. Sprinkle 1 tablespoon water over part of mixture; toss with fork. Repeat till all is moistened. Form mixture in a ball. Knead five strokes on lightly floured surface. Divide dough in four portions. Roll out one portion of dough and trim to a 10-inch circle; transfer to ungreased baking sheet. Spread with half of the fruit filling to within ½ inch of edges; brush edges with water. Roll second portion of dough and trim to 10-inch circle; place atop filled circle. Pinch edges to seal; flute. With sharp knife score top in squares, cutting only through top crust. Repeat with remaining dough and filling. Bake in 425° oven for 30 minutes. Cool. Cut through score marks to serve. Makes two "pies."

### INDIAN FEAST DAY COOKIES

**1½ cups sugar**
**1 cup shortening**
**¼ cup milk**
**1 beaten egg**
**1 teaspoon vanilla**
• • •
**3 cups all-purpose flour**
**1 teaspoon baking powder**
**¼ teaspoon salt**

In mixer bowl, cream together sugar and shortening till light and fluffy, about 5 to 6 minutes. Combine milk, egg, and vanilla. Stir together dry ingredients; add alternately with liquid to shortening mixture, beating well after each addition. Divide in half. On lightly



floured surface, roll half the dough at a time to a rectangle, about ⅜ inch thick. Trim to 12x6-inch rectangle. Cut in eighteen 2-inch squares. With sharp knife, make cuts in dough, gently shaping with fingers as shown in picture to make various designs. Repeat rolling, cutting, and shaping with remaining dough. Place cookies on ungreased cookie sheet. Bake in 350° oven for 15 to 16 minutes or till lightly browned. Remove from cookie sheet; cool on wire rack. Makes 3 dozen cookies.



**MBER RELISH**
e tomatoes, chopped
ium cucumber, pared, seeded, chopped (1 cup)
spoons finely chopped onion
poon finely chopped green peppers
chopped fresh coriander leaves
espoon lemon juice
poon salt

mbine tomatoes, cucumber, , chili peppers, and coriander. ogether lemon juice and salt. to vegetables and mix well. ; chill. Serve with curry . Makes about 2⅔ cups relish.

**N RAITHA** (Sliced Onion in t)
plain yogurt
espoon lemon juice
poon salt
epper
ll onion, thinly sliced and arated into rings

mbine yogurt, lemon juice, nd pepper. Stir in onion. Cov- d chill at least 3 hours. Serve curry dishes. Makes 1½ cups.



**RIS** (Fried Whole Wheat nds)
o whole wheat flour
spoon salt
blespoon butter or margarine, melted
p warm water
ng oil for deep-fat frying

mixing bowl, stir together and salt. With fingers, work e melted butter or margarine. water; mix well. Knead in l till a smooth pliable dough is ed, about 2 minutes. If dough o stiff, add 1 or 2 teaspoons e water. Knead well. Divide h into 8 portions. Cover with p towel; let stand 30 minutes. each portion into a ball. On ly floured surface, roll each into a thin flat round, 4½ to 5 es in diameter. Cover with p towel till ready to fry. Fry ds, one at a time, in deep hot (375°) for 1 minute, pressing d gently down into oil with e metal spatula. Turn and fry golden, about 30 seconds more. in on paper toweling. Place ris on baking sheet; keep warm ven. Or, reheat pooris in 350° n for 5 minutes. Serve warm. es 8.

**MB KORMAH** (Spicy Lamb w)
*ove the whole spices before ing, if desired—*
pounds boneless lamb, cut in inch cubes
up water
aspoon salt
ch stick cinnamon
hole cloves
hole cardamom pods, cracked
blespoon cooking oil
up chopped onion
1 teaspoon grated fresh gingerroot
1 small clove garlic, minced
1½ teaspoons ground coriander
1 teaspoon ground turmeric
½ teaspoon ground cumin
¼ teaspoon pepper
⅛ teaspoon cayenne
¼ cup water
¼ teaspoon salt
1 cup plain yogurt
2 tablespoons all-purpose flour

In saucepan, combine meat, the ½ cup water, and the ½ teaspoon salt; cover and simmer 30 minutes. Meanwhile, in medium skillet, cook and stir cinnamon, cloves, and cardamom in hot oil a few seconds till lightly browned (do not remove spices). Add onion, gingerroot, and garlic; cook and stir 3 minutes more. Combine coriander, turmer-

**continued**


# These cookies take the cake.




FAMILY FOOD IDEAS

Did you know you can make delicious chocolate chip cookies using Betty Crocker® Cake Mix? Just follow this simple recipe using our Betty Crocker yellow, devils food, white, butter recipe yellow, sour cream chocolate fudge, or chocolate fudge supreme cake mixes.

They're all delicious ways to have your cake—and cookies too.

**The best things begin with Betty Crocker.®**

## Chocolate Chip Cookies Made with Betty Crocker® Cake Mix

Betty Crocker

2 eggs
1 teaspoon vanilla
⅔ cup shortening
1 package Betty Crocker yellow, devils food, white, butter recipe yellow, sour cream chocolate fudge or chocolate fudge supreme cake mix
1 package (6 ounces) semisweet chocolate chips
½ cup chopped nuts

Heat oven to 375°. Beat eggs, vanilla, shortening and about half of the cake mix (dry) until light and fluffy. Stir in remaining cake mix, the chocolate chips and nuts. Drop dough by teaspoonfuls about 2 inches apart onto ungreased baking sheet. Bake 10 to 12 minutes. (Cookies will be soft in centers when done.) Cool slightly before removing from baking sheet. About 5 dozen cookies.

®Reg. T.M. of General Mills, Inc.

Look for other delicious recipes on all of our cake mix packages.

continued

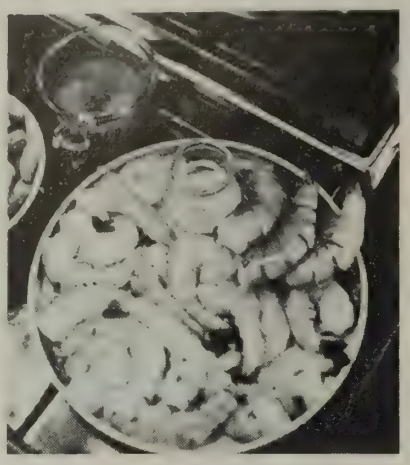
# America: the melting pot of good cooking

ic, cumin, pepper, and cayenne; stir in the ¼ cup water. Add to onion mixture. Cook and stir 10 minutes. Add onion mixture to lamb with cooking liquid. Season with remaining salt. Cover; simmer over low heat 15 to 20 minutes more or till meat is tender. Blend yogurt and flour; add to lamb mixture. Cook and stir till thickened and bubbly, about 5 minutes. Makes 6 servings.

**VINDALOO** (Marinated Chicken Curry)

- 1 teaspoon salt
- 2 teaspoons ground turmeric
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 1 teaspoon dry mustard
- ¼ teaspoon cayenne
- ½ cup vinegar
- 2½- to 3-pound broiler-fryer, cut up
- 2 large onions, chopped (1½ cups)
- 3 bay leaves
- 2 tablespoons cooking oil

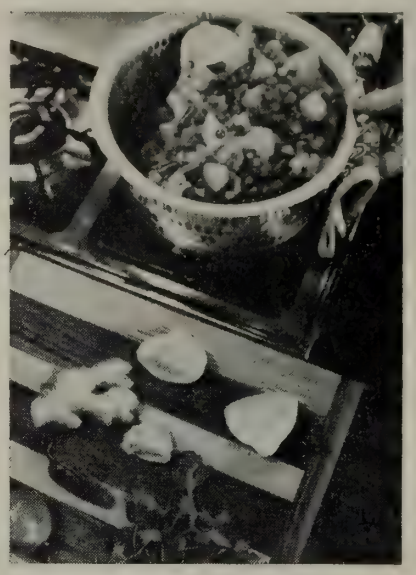
Combine salt, turmeric, coriander, cumin, mustard, and cayenne; stir in vinegar. Add to chicken in a shallow dish; stir to coat chicken pieces. Cover; refrigerate 6 to 8 hours, spooning marinade over chicken occasionally. In skillet, cook and stir onion and bay leaves in hot oil till onion is tender but not brown, about 10 minutes. Add chicken and marinade. Cover and simmer till chicken is tender, about 40 minutes. (Do not add water.) Makes 4 servings.



**MALAYALEE PRAWN CURRY**

- 2 tablespoons cooking oil
- 2 cups chopped onion
- 2 cloves garlic, minced
- 1 teaspoon grated fresh gingerroot
- ¼ teaspoon chopped hot green chili pepper *or* ⅛ teaspoon cayenne
- 1 bay leaf
- 1 tablespoon water
- ½ teaspoon ground coriander
- 1 pound (20) prawns, shelled and cleaned
- ½ of 10-ounce package (1 cup) frozen cut green beans, cooked and drained
- 2 tablespoons vinegar
- ½ teaspoon salt

Heat oil in 10-inch skillet. Add onion, garlic, gingerroot, chili pepper, and bay leaf; cook and stir 3 to 5 minutes. Add water and coriander. Cook and stir 3 to 5 minutes more. (Add more water by teaspoons, if needed, to keep spice mixture moist.) Add prawns, green beans, vinegar, and salt. Cook and stir quickly till prawns are just tender, 5 minutes. Remove bay leaf before serving, if desired. Makes 4 servings.



**SUBZI KARI** (Mixed Vegetable Curry)

- ½ cup chopped onion
- 1 tablespoon butter or margarine
- ½ teaspoon ground turmeric
- ½ teaspoon ground coriander
- ⅛ teaspoon ground cinnamon
- ⅛ teaspoon ground cloves
- ⅛ teaspoon pepper
- Dash cayenne
- 1 clove garlic, minced
- ½ teaspoon grated fresh gingerroot
- ¾ cup water
- 2 carrots, cut in ½-inch slices
- ¾ teaspoon salt
- 1 medium potato, pared and diced
- ½ of 10-ounce package (1 cup) frozen peas
- ½ of 8-ounce package (1 cup) frozen cauliflower
- ½ of 10-ounce package (1 cup) frozen cut green beans
- ½ cup chopped peeled tomato
- 1 teaspoon lemon juice

In 3-quart saucepan, cook and stir onion in butter or margarine 5 minutes. Stir in turmeric, coriander, cinnamon, cloves, pepper, and cayenne. Add garlic, gingerroot, and water. Cook and stir 5 minutes. Add carrots and salt. Bring to boiling; reduce heat and simmer, covered, 20 minutes. Add remaining vegetables. Return to boil. Reduce heat and simmer, covered, till vegetables are crisp-tender, 10 minutes. Stir in lemon juice. Garnish with an additional tomato, cut in wedges, and fresh coriander leaves, if desired. Makes 8 to 10 servings.

**PULLAO** (Curried Rice)

*The rice is served with whole spices left in, but they are not eaten—*

- 2 large onions, sliced
- 3 tablespoons butter or margarine
- 4 inches stick cinnamon
- 4 whole cloves
- 3 whole cardamom pods, cracked
- 1 bay leaf




…spoon salt
…spoon ground turmeric
…ps uncooked long-grain rice
…ps water
…rd-cooked eggs, sliced
…p raisins
…p toasted slivered almonds

2-quart saucepan, cook onions, …red, in butter or margarine till …er but not brown. Add cinna-…, cloves, cardamom, bay leaf, … and turmeric. Add rice; cook … stir 5 minutes but do not brown. … in water; bring to boiling. Re-… heat; cover and cook over low … for 20 minutes. Remove from …. Let stand 10 minutes. Garnish … egg slices, raisins, and al-…ds. Makes 8 to 10 servings.

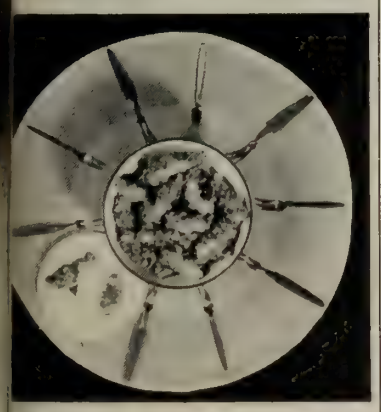
**…IFI** (Nut-Coconut Candy)

*…thia tints the candy light pink …reen before stirring and patting …he dish—*

…ps sugar*
…p milk
…blespoon butter or margarine
…easpoon ground cardamom
…up chopped cashew nuts
…up chopped almonds
…up grated coconut

…utter sides of a 2-quart sauce-…. In saucepan, combine sugar … milk. Bring to boiling; cook …r medium heat, stirring con-…tly, till sugar dissolves. Boil …tly, stirring occasionally, till …ture reaches soft-ball stage …4°), about 20 to 25 minutes. Add …ter or margarine and cardamom. …mediately remove from heat; …l to lukewarm (110°) without …ring. Beat about 3 minutes or … candy thickens slightly. Stir in …hews, almonds, and coconut. …on into a buttered 10x6x2-inch …; pat down evenly. Score candy …ile warm in about 1-inch squares. …ol; cut through score marks. …kes 48 pieces.

For light brown candy, use 1 … granulated sugar and 1 cup …ked brown sugar.



**…ASHEW NUT CHICKEN …PETIZERS**

…cup cornstarch
…teaspoon sugar
…slightly beaten egg whites
…teaspoon cognac or brandy
…chicken breasts, split, skinned, boned, and cut in 1½-inch strips
… cups (7½ ounces) finely chopped cashew nuts
…anut or cooking oil for deep-fat frying

In a small bowl, combine corn-…rch and sugar; stir in egg whites …d cognac. Dip chicken pieces in …g white mixture, then in nuts. Fry …icken pieces in deep hot fat (375°) …l golden, about 45 seconds. Drain … paper toweling. Makes about 30 …petizers.

…ntinued


# How to make your husband ask for Tuna Casserole.



## Make it with Tuna Helper® and Bumble Bee® Tuna.

Here's a hearty main dish casserole that even the most stubborn meat and potatoes buff will go for—Tuna-Cheese Casserole with a buttered crumb topping. Tuna Helper makes it wonderfully easy to fix, and what makes it extra-special is Bumble Bee chunk light or solid white tuna, with its delicate taste and tender, flaky texture. Look for other delicious recipes on the backs of Tuna Helper packages.




® Reg. T.M. Tuna Helper—General Mills, Inc.
® Reg. T.M. Bumble Bee—Castle & Cooke, Inc.

### Tuna-Cheese Casserole Recipe

**1 package Tuna Helper mix for noodles, cheese sauce 'n tuna**
**2½ cups boiling water**
**1 can Bumble Bee Tuna, chunk light (6½ oz.) or solid white (7 oz.), drained**
**1 cup dairy sour cream**
**Buttered crumbs (below)**
**Snipped parsley or parsley flakes.**

Heat oven to 400°. Mix Noodles, Sauce Mix, water, Bumble Bee tuna and sour cream in ungreased 2-quart casserole. Bake uncovered 25 minutes; stir. Sprinkle Buttered Crumbs around edge of casserole; top with parsley. Bake 5 minutes. Let stand a few minutes before serving. 5 servings.

Buttered Crumbs: Heat 1 tablespoon butter or margarine in 8-inch skillet until melted. Stir in ¼ cup dry bread crumbs. Heat over medium heat, stirring constantly, until bread crumbs are slightly toasted.

FAMILY FOOD IDEAS

IF PRIME CHOICE CAN IMPROVE THE TASTE OF STEAK, IMAGINE WHAT IT CAN DO FOR A MEATBALL.

INTRODUCING THE CHOICE HORS D'OEUVRE: MEATBALL YUMMIES



If you want to turn a plain meatball into a fancy hors d'oeuvre, put some Prime Choice Steak Sauce in it. Prime Choice is the only steak sauce with just the perfect hint of sweetness to add the kind of flavor to meat that makes it perfectly delicious.

For the most appetizing meatballs, follow the recipe below. And remember, it won't be yummy unless you use Prime Choice®.




FAMILY FOOD IDEAS

**Meatball Yummies**

1 lb. ground beef
1/3 cup dry bread crumbs
1 egg
2 tablespoons Prime Choice Steak Sauce
2 tablespoons oil
1/3 cup Prime Choice
2 tablespoons light brown sugar
2 tablespoons butter or margarine

Combine beef, bread crumbs, egg and 2 tablespoons Prime Choice. Mix and shape into 1 inch meatballs. Brown in oil in skillet. Drain fat from skillet. Combine 1/3 cup Prime Choice, brown sugar, and butter with meatballs in skillet. Simmer, covered, for 15 minutes or until done. Makes about 2 dozen meatballs.

continued

# America: the melting pot of good cooking



**BEEF WITH ORIENTAL PEAS**

*Oyster sauce, a thick sauce made by cooking oysters in soy sauce and brine, may be purchased at Oriental food stores—*

**12 ounces fresh or two 6-ounce packages frozen pea pods**
**⅓ cup oyster sauce**
**3 tablespoons cognac or brandy**
**1 tablespoon cornstarch**
**1 pound beef flank steak, thinly sliced on the diagonal**
**2 tablespoons peanut or cooking oil**
**1 teaspoon shredded fresh gingerroot**
**1 tablespoon peanut or cooking oil**
**3 cups (8 ounces) sliced fresh mushrooms**
**1 8½-ounce can water chestnuts, drained and thinly sliced ( 1 cup)**
**1 8½-ounce can bamboo shoots, rinsed and drained**
**¼ teaspoon salt**

Break off tips of fresh peas and remove strings. Or, defrost frozen pea pods by rinsing with hottest tap water in a sieve; set aside. In medium bowl, blend oyster sauce, cognac, and cornstarch; add flank steak, stirring to coat. Marinate at room temperature 1 hour. In wok, heat the 2 tablespoons oil. Add gingerroot and meat with marinade; stir-fry just till meat browns, about 5 minutes. Remove meat and pan juices; set aside. Wipe wok with paper toweling. Add the 1 tablespoon oil to wok and heat. Add mushrooms, water chestnuts, and bamboo shoots; stir-fry 2 minutes. Push vegetables to one side. Add cooked meat with liquid, pea pods, and salt. Cook and stir just till pea pods are heated through, about 2 minutes. Mix all ingredients thoroughly. Serve at once. Makes 4 servings.

**WINTER MELON SOUP**

*The winter melon is a large melon with frosty green skin. At an Oriental store, the grocer often will cut off the size wedge you want to buy—*

**¾ cup (1 ounce) dried black mushrooms, cut up**
**3 cups diced, pared, winter melon**
**2 cups water**
**1 14-ounce can (1¾ cups) chicken broth**
**1 8-ounce can straw mushrooms, drained**
**1 chicken breast, split, skinned, boned, and thinly sliced**
**Salt and pepper**

Add enough water to black mushrooms to cover. Soak 30 minutes; drain. In large saucepan, combine winter melon, water, chicken broth, and black mushrooms; cover and simmer for 20 to 25 minutes or till melon is tender. Add straw mushrooms and chicken; cook, uncovered, 1 to 2 minutes more or till chicken is done. Season to taste with salt and pepper. Makes 6 cups.



**ORIENTAL SHRIMP**

**1 pound (26) unpeeled large shrimp**
**2 to 3 tablespoons peanut or cooking oil**
**2 tablespoons catsup**
**2 tablespoons worcestershire sauce**
**1 teaspoon sugar**
**2 teaspoons soy sauce**
**2 teaspoons dry sherry or cognac**
**¼ teaspoon sesame seed oil (optional)**
**6 drops bottled hot pepper sauce**

Clean shrimp by cutting through shell and removing black vein. Wash and pat dry. In wok, stir-fry shrimp in hot peanut oil till shrimp turns red, about 6 minutes. Remove shrimp; drain off oil from wok. Add remaining ingredients to wok; heat to boiling. Return shrimp to wok; cover and cook for 30 seconds. Makes 4 servings.



**LEMON SQUAB**

*Dark soy sauce, which has a more intense flavor than light soy sauce, can be found at Oriental stores—*

**2 squab or Rock Cornish game hens**
**2 tablespoons dark soy sauce**
**¼ cup peanut or cooking oil**
**⅓ cup water**
**2 tablespoons sugar**
**2 tablespoons lemon juice**
**1 teaspoon light soy sauce**
**½ teaspoon cognac or brandy**
**¼ teaspoon sesame seed oil or cooking oil**
**Halved lemon slices**
**Green onion curls**

Rub birds inside and out with dark soy sauce. In wok, brown birds on all sides in hot peanut oil till golden, about 10 minutes. Drain off any remaining fat. Combine water, sugar, lemon juice, light soy sauce, cognac, and sesame seed oil. Add to wok. Reduce heat; cover and simmer till birds are tender, 45 to 50 minutes. Remove birds; drain on paper toweling. Keep warm. Turn wok to high; boil pan juices to reduce liquid to ¼ cup, about 5 minutes. Quarter birds or cut in bite-sized pieces. Place on platter. Spoon pan juices over birds. Garnish with halved lemon slices and green onion. Makes 2 servings.

**WITH CHICKEN LIVER**
**FING**

*cooked chicken livers are*
*ed very fine—*

**es chicken livers**
**rendered chicken fat or cooking oil**
**chopped onion**
**chopped celery**
**chopped green pepper**
**en eggs**
**poon salt**
**epper**
**s (5½ ounces) crushed unsalted**
**a crackers**
**os warm water**
**veal chops (1½ pounds)**
**d pepper**
**a**

skillet, cook chicken livers in espoons of the hot chicken fat till liver loses its pink color, 6 minutes; remove from skil-



Chop chicken livers fine; place nixing bowl. In same skillet, onion, celery, and green pepin another 1 tablespoon of the chicken fat till vegetables are er but not brown, about 10 utes. Add to chicken livers. Stir ggs, the 1 teaspoon salt, and dash per. Combine crackers and m water; stir to moisten crack- Stir into liver mixture. Spread reased 11x7x2-inch baking pan. son chops with salt, pepper, and rika. Brown chops slowly on sides in remaining hot chicken place chops atop stuffing. Cover foil; bake in 350° oven for 30 utes. Remove foil; bake 15 to minutes more. Makes 5 or 6 ings.

**ALLAH**

*inkle this beautifully braided st bread with poppy seed before ing—*

**ackages active dry yeast**
**up warm water (115°)**
**up milk**
**ablespoons margarine**
**ablespoons sugar**
**easpoons salt**
**h powdered saffron (optional)**
**to 4½ cups all-purpose flour**
**ggs**
• • •
**eaten egg yolk**
**ablespoon water**
**ablespoon poppy seed**

Soften yeast in warm water. Heat lk, butter or margarine, sugar, and saffron till sugar dissolves; ol to lukewarm. Stir in 2 cups of flour; beat well. Add softened st and the 2 eggs; beat well. Stir enough of the remaining flour to ke a soft dough. Turn out onto htly floured surface; knead till smooth and elastic, 8 to 10 minutes. Shape into ball. Place in greased bowl, turning once to grease surface. Cover; let rise in warm place till double, about 1¼ hours. Punch dough down; divide in fourths. Cover; let rest 10 minutes. Roll three portions of the dough to 18-inch ropes; loosely braid ropes, starting at center and working out. Place on greased baking sheet. Divide remaining portion of dough into thirds; roll into 18-inch ropes. Loosely braid ropes; place atop larger braid. Tuck ends under to secure. Cover; let rise in warm place till double, about 30 minutes. Com-

**continued on page 108**


# Carlton: Lower than low

## Look at the latest U.S. Government figures for other top brands that call themselves "low" in tar.

| | tar, mg/cig | nicotine, mg/cig |
|---|---|---|
| Brand D (Filter) | 14 | 1.0 |
| Brand D (Menthol) | 13 | 1.0 |
| Brand V (Filter) | 11 | 0.7 |
| Brand T (Menthol) | 11 | 0.6 |
| Brand V (Menthol) | 11 | 0.7 |
| Brand T (Filter) | 11 | 0.6 |
| **Carlton Filter** | **4** | **0.3** |
| **Carlton Menthol** | **4** | **0.3** |

Carlton 70's (lowest of all brands)—
*1 mg. tar, 0.1 mg. nicotine
*Av. per cigarette by FTC method




## No wonder Carlton is fastest growing of the top 25.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Filter and Menthol: 4 mg. "tar", 0.3 mg. nicotine av. per cigarette, FTC Report Nov.'75.




# We're Listening

**ANSWER SHEET**

| | |
|---|---|
| 1._____ | 18._____ |
| 2._____ | 19._____ |
| 3._____ | 20._____ |
| 4._____ | 21._____ |
| 5._____ | 22._____ |
| 6._____ | 23._____ |
| 7._____ | 24._____ |
| 8._____ | 25._____ |
| 9._____ | 26._____ |
| 10._____ | 27._____ |
| 11._____ | 28._____ |
| 12._____ | 29._____ |
| 13._____ | 30._____ |
| 14._____ | 31._____ |
| 15._____ | 32._____ |
| 16._____ | 33._____ |
| 17._____ | 34._____ |

We live in_____.
(State)

**Mail this answer sheet with any additional comments you wish to make to:**

Family Food Ideas
P. O. Box 10203
Des Moines, Iowa 50336

Food manufacturers can best fill your needs when they receive feedback from you. Your answers to this "We're Listening" questionnaire will help the food industry keep up with your changing habits and needs.

**1.** Select the description which best fits your use of a grocery shopping list on your major shopping trips. **(1)** We attempt to rely completely on a shopping list and not buy items not on the list **(2)** We use a basic—but not complete—list **(3)** I write a list for other members of the family, but seldom use one myself **(4)** Write down things I need but do not always take list to store **(5)** Plan ahead but do not use written shopping list **(6)** Do most planning in the store without a list.

**2.** When I purchase several cans of soup, I usually buy **(1)** All the same brand **(2)** More than one brand depending on kind (flavor) of soup **(3)** More than one brand depending on use I have planned for the soup.

**3.** When I buy canned soup, I **(1)** Usually have a use planned for that can **(2)** Buy it to have on hand for any use.

**4.** What percent of the canned soup that you buy is used for eating as soup? **(Enter percent on answer sheet.)**

**5.** What percent of the canned soup that you buy is used as an ingredient in other dishes (sauce for casseroles, meats, vegetables, etc.)? **(Enter percent on answer sheet.)**

**6.** I use canned soup as an ingredient in homemade soup. **(1)** Often **(2)** Occasionally **(3)** Seldom **(4)** Never.

**7.** We have used canned salmon within the past **(1)** Month **(2)** Six months **(3)** Year **(4)** Have not used.

**8.** If you have not purchased canned salmon within the past year, what is the reason? **(1)** Too expensive **(2)** Family doesn't like it **(3)** Don't know how to serve it **(4)** Not available in store **(5)** Never think about it.

**9.** If you have used canned salmon in the past year, how did you serve it? **(1)** Hot dishes **(2)** Cold dishes **(3)** Both.

**10.** Our primary use of canned salmon is for **(1)** Family meals **(2)** Guest meals.

**11.** In deciding on purchasing canned salmon, which is the most important consideration? **(1)** Price **(2)** Brand **(3)** Type (pink or red).

**Please rate your use of the following products as compared with six months ago by marking (1) More frequently (2) Less frequently (3) No change but high use (4) No change—low use on the answer sheet.**

**12.** Cake mixes
**13.** Frosting mixes
**14.** Snack cake mixes
**15.** Brownie mixes
**16.** Homemade cookies
**17.** Muffin mixes
**18.** Pie crust mixes

**19.** If you have decreased use of any of the preceding mixes, what is the main reason? **(1)** Cost of product **(2)** Dieting/weight control **(3)** Nutrition in general **(4)** Fewer people eating at home **(5)** Don't have time to bake **(6)** Baking more from scratch **(7)** Family doesn't care for products.

**20.** Do you use layer cake mixes in making desserts or snacks other than cakes? **(1)** Yes **(2)** No.

**21.** When I do make cakes, I do not always use frosting on them. **(1)** Agree **(2)** Disagree.

**22.** When I purchase cake mix, I usually **(1)** Buy only one box at a time **(2)** Buy several boxes at a time.

**23.** When I make a pie, I usually use **(1)** Pie crust made from scratch **(2)** Pie crust mix **(3)** Frozen pie shell.

**24.** I believe it is much easier to make a pie crust from mix than from scratch. **(1)** Agree **(2)** Disagree.

**25.** I serve pie to my family **(1)** Once a week or more **(2)** Two or three times a month **(3)** About once a month **(4)** About once in two months **(5)** Seldom or never.

**26.** I am interested in finding new ways to use peanut butter. **(1)** Agree **(2)** Disagree **(3)** Indifferent.

**27.** Recipes that include peanut butter **(1)** Are fun to make **(2)** Interest my family **(3)** Are more nutritious **(4)** Don't interest me.

**28.** When I try a different brand of peanut butter, it's usually because **(1)** Advertising for the brand interests me **(2)** It's on special **(3)** I have a coupon for it **(4)** I am looking for a change **(5)** I do not switch brands.

**29.** In the past six months I have purchased a brand of peanut butter other than my usual brand because I had a store-redeemable cents-off coupon for it. **(1)** Agree **(2)** Disagree.

**30.** On an average trip to the supermarket, I redeem **(1)** More than 5 coupons **(2)** 3 to 5 coupons **(3)** 1 or 2 coupons **(4)** No coupons.

**31.** I am most likely to redeem coupons that **(1)** Come in the mail **(2)** I find in magazines **(3)** I find in Sunday supplements **(4)** Appear in daily newspapers **(5)** I find packaged in products.

**32.** Compared to six months ago, I find myself **(1)** Being more loyal to name brands than before **(2)** More inclined to switch brands and try "store" brands **(3)** No change from continued high level of name brand loyalty **(4)** No change from heavy use of "store" brands.

**33.** I am in the following age group: **(1)** 18-24 **(2)** 25-34 **(3)** 35-49 **(4)** 50-64 **(5)** 65 or over.

**34.** Our total household income (before taxes) is **(1)** Under $5,000 **(2)** $5,000-$7,999 **(3)** $8,000-$9,999 **(4)** $10,000-$14,999 **(5)** $15,000-$24,999 **(6)** $25,000 or more.

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**Mary Kitchen Hash, Nestle Taster's Choice, Morton's Salt, Kellogg's All Bran, Kitchen Bouquet and B in B Mushrooms, Dole Bananas, Pillsbury Flour, Borden Eagle Brand/Kellogg's/California Apricots, Dole Pineapple, McCormick Gravies and Sauces, Lea & Perrins Worchestershire Sauce, Betty Crocker Brownies, General Mills Bisquick, General Mills Tuna Helper and Bumble Bee Tuna, Betty Crocker Layer Cake Mix, Campbell Soup, Hellmann's/Best Foods Real Mayonnaise, Pillsbury Bundt Cake, Ayds, Prime Choice Steak Sauce, Hidden Valley Ranch Salad Dressing, Mrs. Paul's Fish Filets and Fish Sticks, Rice Council.**

# Kellogg's® natural food fiber favorites.




**A fifty-year-old idea whose time has come.**

These days, everyone's talking about food fiber.

But basically, they're saying what we've been saying for years: natural food fiber is important to help your digestive system regulate itself.

If you're concerned about food fiber and your health, think about including Kellogg's® All-Bran® and Bran Buds® cereals in your diet.

Both are excellent sources of natural food fiber. And you'll like their honest wheat taste.

So take your choice—All-Bran, in shredded form, or Bran Buds, morsels of bran with a slightly sweeter taste.

It's time you tried them.



Kellogg Company
1976 Kellogg Company





continued from page 105

# America: the melting pot of good cooking



bine egg yolk and water; brush over braid. Sprinkle with poppy seed. Bake in 375° oven for 40 to 45 minutes, covering loosely with foil after first 20 minutes. Makes 1 braided loaf.

### CARROT TZIMMES

**8 carrots, sliced ¾ inch thick (3¾ cups)**
**½ cup water**
**⅓ cup honey**
**1 tablespoon lemon juice**
**½ teaspoon salt**
• • •
**1 tablespoon margarine, melted**
**1 tablespoon all-purpose flour**
• • •
**½ cup raisins**
**1 8¼-ounce can crushed pineapple, drained**
**½ cup coarsely chopped pared apple**

In heavy saucepan, cook carrots, covered, in the water for 5 minutes. Do not drain. Stir in honey, lemon juice, and salt; cover and simmer 20 minutes. Blend margarine and flour; stir into carrots along with raisins, pineapple, and apple. Simmer, covered, 10 minutes more. Makes 6 to 8 servings.

### KASHA VARNITCHKES

(Noodles with Buckwheat Groats)

**3 cups bow or broad noodles**
**½ cup uncooked whole buckwheat kasha (groats)**
**1 cup finely chopped onion**
**3 tablespoons rendered chicken fat or cooking oil**
**½ teaspoon salt**
**⅛ teaspoon pepper**

Cook noodles in boiling salted water till tender, about 8 to 10 minutes. Drain. Cook kasha, covered, in 2½ cups boiling salted water for 10 to 12 minutes. Drain.

In 10-inch skillet, cook onion in chicken fat till tender but not brown, about 5 minutes. Stir in noodles, kasha, salt, and pepper. Toss till well mixed. Makes 8 servings.

### MATZO BALL SOUP

**2 eggs**
**½ cup matzo meal**
**¼ cup club soda**
**2 tablespoons rendered chicken fat, melted**
**½ teaspoon salt**
**Dash pepper**
• • •
**4 cups chicken broth**
**2 medium carrots, sliced**
**2 tablespoons snipped parsley**

In mixing bowl, beat eggs well; stir in matzo meal, club soda, chicken fat, salt, and pepper till mixture is smooth. Cover and refrigerate at least 2 hours. In large saucepan, bring chicken broth to boiling. Add carrots. Reduce heat and simmer, uncovered, 10 minutes. Drop chilled dough by rounded tablespoonfuls into simmering broth, making 8 balls in all. Cover and simmer 30 minutes. *Do not lift lid during cooking time.* Sprinkle with parsley. Makes 8 servings.

### BEEF BORSCH

**2 pounds meaty beef bones**
**2 tablespoons cooking oil**
**2-pound boneless beef brisket, cut in bite-sized cubes**
**8 cups water**
**2 medium onions, chopped (1 cup)**
**2 cloves garlic, minced**
**1 tablespoon salt**
• • •
**8 medium beets, pared and coarsely shredded (4 cups)**
**3 tablespoons brown sugar**
**3 tablespoons lemon juice**
**Nondairy imitation sour cream (optional)**

In large kettle or Dutch oven, brown the beef bones on all sides in hot oil. Remove bones and set aside. Brown about half the beef cubes at a time in same oil. Drain off fat. Return bones to kettle. Add water, onion, garlic, and salt. Bring to boiling; skim off foam. Reduce heat and simmer, covered, for 2 hours. Remove bones; when cool enough to handle, cut off meat and dice. Discard bones. Return meat to soup along with shredded beets, brown sugar, and lemon juice. Cover and simmer 30 minutes more or till tender. Ladle into soup bowls; top each serving with a dollop of imitation sour cream. Makes 10 to 12 servings.

### BARLEY KUGEL

**1 cup (7 ounces) whole hulled barley**
**9 cups water**
**2 teaspoons salt**
• • •
**2 medium onions, chopped (1 cup)**
**2 ounces fresh mushrooms, sliced (1 cup)**
**2 tablespoons margarine**
**¼ teaspoon pepper**
**2 beaten eggs**

Rinse barley; soak in 4 cups of the water for 2 hours. Drain. In 3-quart saucepan, combine barley, the remaining water, and the salt. Bring to boiling. Reduce heat and simmer, covered, 1¼ hours. Drain. In saucepan, cook onion and mushrooms in margarine till tender. Stir in barley and pepper. Gradually add about 1 cup hot mixture to eggs; stir into hot mixture in pan. Turn into a 1½-quart casserole. Bake, covered, in 350° oven, for 40 minutes. Stir before serving to separate grains of barley. Garnish with additional fresh sliced mushrooms and parsley, if desired. Makes 8 to 10 servings.

### GEFILTE FISH

**1½ pounds fresh or frozen pike fillets**
**6 cups water**
**2 medium carrots, sliced**
**2 medium onions, chopped (1 cup)**
**1 tablespoon salt**
**⅛ teaspoon pepper**
• • •
**2 eggs**
**2 tablespoons ice water**
**2 tablespoons matzo meal**
**½ teaspoon salt**
**Dash pepper**

continued

# "Gracious! We thought you said to come at lunchtime!"



When the out-of-town cousins you invited for dinner show up in time for lunch, —the way your table looks is one worry off your mind—thanks to Joy.



Go ahead, fret that you thought you'd have four more hours to get the house ready for company. And fret that you've planned absolutely nothing special for lunch. At least you know that when you set your table it will really shine. Because you use Joy. Lemon Fresh Joy cleans even your everyday dishes clear down to the shine. Helps keep your dishes ready for company (even if you're not).

When you use Lemon Fresh Joy, it looks like you're expecting company all the time. And that's doing a good job for your family.




**Lemon Fresh Joy cleans down to the shine. And that's a nice reflection on you.**





continued

# America: the melting pot of good cooking

**Lettuce**
**Prepared red horseradish**
**Pickles**

Thaw fish, if frozen. Bone and skin. In 3-quart saucepan, combine the water, *half* the carrots, *half* the onions, the 1 tablespoon salt, and the ⅛ teaspoon pepper. Bring to boiling. Simmer, covered, 30 minutes. Finely grind raw fish and remaining vegetables; place in large mixer bowl. Add eggs, ice water, matzo meal, the ½ teaspoon salt, and the dash pepper. Beat at high speed on electric mixer till fluffy. Shape into ovals, using ¼ cup for each; add to vegetables and liquid. Cover; simmer 20 minutes. Drain, reserving fish and carrots. Cover and chill fish and carrots. To serve, place gefilte fish on lettuce; sprinkle carrots over all. Pass red horseradish and pickles. Makes 4 servings.

## HOT DRIED FRUIT COMPOTE

**1 11-ounce package mixed dried fruits**
**3 cups water**
• • •
**¼ cup sugar**
**2 teaspoons cornstarch**
**1 teaspoon ground cinnamon**
**1 teaspoon shredded lemon peel**
**⅛ teaspoon ground nutmeg**
• • •
**¼ cup orange liqueur**
**1 tablespoon honey**

In saucepan, cook fruit, covered, in the 3 cups water till done, about 15 to 20 minutes. Drain, reserving 1 cup liquid. In another saucepan, stir together sugar, cornstarch, cinnamon, lemon peel, and nutmeg. Stir in reserved liquid, liqueur, and honey. Cook and stir till thickened and bubbly. Add fruit. Makes 6 servings.

## HAMENTASCHEN (Fruit-filled Cookies)

**¾ cup sugar**
**½ cup butter or margarine**
**1 egg**
**2 tablespoons milk**
**1 teaspoon vanilla**
**2 cups all-purpose flour**
**2 teaspoons baking powder**
**Prune or apricot cake and pastry filling**

In mixer bowl, beat together sugar and butter or margarine till light and fluffy. Add egg, milk, and vanilla; beat well. Combine flour and baking powder; stir into creamed mixture. If dough feels sticky, cover and refrigerate 1 hour. On lightly floured surface, roll dough to ⅛-inch thickness. Cut with floured 3-inch round cookie cutter. Top each round with about ½ teaspoon fruit filling. Shape into triangles by lifting up edges and pinching dough together to make three corners. Leave center open. Fold back edges slightly to expose fillings. Place on ungreased cookie sheet; bake in 350° oven for 16 to 18 minutes. Remove from cookie sheet; cool on wire rack. Makes 2½ to 3 dozen cookies.

## RAISIN-STUFFED BAKED APPLES

**6 cooking apples, cored and pared halfway down**
**½ cup light raisins**
**¼ cup chopped walnuts**
**1 teaspoon shredded orange peel**
**1 cup orange juice**
**⅓ cup honey**
**¼ teaspoon ground nutmeg**

Place apples in 10x6x2-inch baking dish. Fill apples with some of the raisins and some of the walnuts; put remaining in bottom of dish. Combine orange peel, orange juice, honey, and nutmeg; pour over apples. Bake, covered, in 350° oven for 35 to 40 minutes. Uncover; bake till apples are tender, 5 to 10 minutes more. Makes 6 servings.

## RASGULLAS (Dessert Cheese Balls in Syrup)

*Do not use ricotta cheese containing gelatin—*

**16 ounces (about 2 cups) ricotta cheese**
**1 tablespoon quick-cooking farina**
**⅛ teaspoon baking soda**
**8 sugar cubes**
**2 cups granulated sugar**
**2 cups water**
**3 whole cardamom pods, cracked**
**1 teaspoon vanilla**

Place colander over bowl; line with several layers of cheesecloth. Add ricotta; fold cheesecloth over top of cheese. Set a heavy weight on top to squeeze out the moisture. Refrigerate overnight. Remove ricotta to large bowl; discard liquid and cheesecloth. Stir farina and baking soda into the cheese. Form in eight 1½-inch balls around sugar



cubes. In 2-quart saucepan, combine granulated sugar, water, and cardamom pods. Bring to boiling. Reduce heat and simmer, uncovered, 5 minutes. Gently slip balls into syrup. Simmer, uncovered, for 5 minutes. Carefully turn balls over. Simmer 5 minutes more. Remove from heat. Stir in vanilla. Cool slightly. Serve warm, or cover and chill in syrup. Makes 8 balls. ■


*Looking for*
**SOMETHING SPECIAL? . . .**

When you're searching for the gift that's "just right" for discriminating, hard-to-please friends, give them a subscription to *Better Homes and Gardens.* They'll be delighted to receive America's leading home-service magazine.
Yes, *all* your friends will like the original ideas in *Better Homes and Gardens.*

## BACON BUYMANSHIP

matter how high or low swing, remember these hen you're shopping for o be sure you get the best your needs.

gular-sliced bacon yields 20 to 22 slices per pound oks to a crisper texture does thick-sliced bacon 12 slices per pound).

valuate bacon quality by through the window on kage. By law, at least 70 of a representative slice visible.

he way the lean and fat stributed helps determine r bacon will cook up crisp wy. It will be crisper when an is ribboned in several strips than when it's con- ed in a few areas.

emember to compare by cost per pound, not r package. Many packages 2 ounces instead of 16 . To compare the price of unce package with a 12- package, divide the former ar and the latter by three. maller quotient indicates tter buy.

Consider buying the less ex- e broken slices of bacon "ends and pieces" when an to cut up the bacon.

Buy only the amount of you can use within one Although you can freeze for up to one month, pro- d freezer storage is not rec- nded as the bacon develops ng, rancid flavor.

Buying Information, page 120



Photograph: Dieter

**AND BACON HASH BROWNS**

*ckaged potato breakfast or ch fix-up—*

**p milk**
**p water**
**½-ounce package dry hash own potatoes with onion**
**12-ounce package (about 8 ices) bacon**
**aten eggs**
**blespoons snipped parsley**
**aspoon onion salt**
**aspoon pepper**

medium saucepan, bring and water to boiling; re- e from heat. Stir in dry hash brown potatoes; let stand till liquid is absorbed, about 20 minutes. Meanwhile, in 12-inch skillet, cook bacon till crisp. Drain bacon, reserving 3 tablespoons drippings in skillet. Crumble bacon and set aside. Combine beaten eggs, potatoes, parsley, onion salt, pepper, and crumbled bacon; add to reserved drippings in skillet. Cook, uncovered, over medium heat, about 6 minutes or till eggs are set, turning once with large spatula. Makes 6 servings. ■




THE 60 SECOND BREAKFAST FROM DOLE.




Next time the morning rush cheats you out of a hot breakfast, reach for a Dole banana with a glass of milk. A Dole banana satisfies that morning emptiness with delicious natural flavor. And there's only about 85 calories. Think about that next time you're waiting for something to pop out of the toaster.

The Dole Banana. As a snack or in a hurry it's a natural.

CASTLE & COOKE INC.




## Save 7¢




on one 8-count can
or two 4-count cans
Pillsbury Crescent Rolls.

**In the dairy case.**

TO DEALER: If you allow 7¢ toward the retail price of the above product when this coupon is presented to you by a retail customer, The Pillsbury Company will redeem 7¢ plus 5¢ handling cost, providing you mail coupon to address below. Limit: one coupon per purchase. Void unless initially acquired in manner provided above or where prohibited, taxed or otherwise restricted. Cash value: 1/10¢. The Pillsbury Company, Box 802, Minneapolis, Minn. 55460

Pillsbury

Store Coupon 8234A

## Save 7¢




on
Pillsbury Cinnamon
or Danish Rolls.

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TO DEALER: If you allow 7¢ toward the retail price of the above product when this coupon is presented to you by a retail customer, The Pillsbury Company will redeem 7¢ plus 5¢ handling cost, providing you mail coupon to address below. Limit: one coupon per purchase. Void unless initially acquired in manner provided above or where prohibited, taxed or otherwise restricted. Cash value: 1/10¢. The Pillsbury Company, Box 802, Minneapolis, Minn. 55460

Pillsbu

Store Coupon 8236A

Want to warm things up at your house this winter?

Just turn on the oven.

And do a little home baking the easy, delicious Pillsbury way.

That's extra easy to do during our sale, too—just clip the coupons and save on four of our most popular fresh dough products.

Something else to take advantage of: our Teflon® coated bake pan offer. Yours for only $2.99. Plus three proofs of purchase from any of the products featured in this ad. (See below for details.)

Good products. Good deals. It all happens at the Pillsbury Bake Sale.

So come on: to the dairy case, everyone!

**And be sure to pick up your Pillsbury BAKE-OFF® entry forms where Pillsbury products are sold. If you think you have an award-winning recipe, this is the award to win: top prize, $25,000 cash.**

Pillsbury

# Save 5¢

Hungry Jack FLAKY BISCUITS

on two small cans
or one large can
Hungry Jack Biscuits.

**In the dairy case.**

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Store Coupon 8233A

# Save 10¢

Natural Chocolate Flavored Chocolate Chip COOKIES

on any flavor
Pillsbury Slice 'N Bake
Cookies.

**In the dairy case.**

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Pillsbury

Store Coupon 8235A

# Special Offer

Teflon® coated bake pan: 15½" x 10½". Perfect for cookies, brownies, biscuits, pizza and more. Teflon® coated in white for non-stick and easy clean-up. Only $2.99 with 3 proofs of purchase from products featured in this ad.

Yes! Send me my special offer bake pan. I'm enclosing $2.99 (check or money order only) and my 3 proofs of purchase.

FAMILY FOOD IDEAS

Mail to: Pillsbury Bake Pan,
P.O. Box 500, Manitowoc, Wisconsin 54220

Name

Address

City State Zip

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# Rich and easy smooth and dreamy no-bake apricot cheesecake.

## California's "beauty fruit" makes the difference!

Now you can vary the classic cheesecake theme with the delicate sweet-tart flavor of apricots. This simple cheesecake recipe features a velvety-rich and apricot-tangy cream cheese filling with a crisp no-bake packaged Corn Flake Crumbs crust. Simply use Eagle® Brand Sweetened Condensed Milk, Kellogg's® Corn Flake Crumbs, canned California apricots and this recipe.

**NO-BAKE APRICOT CHEESECAKE**
(Makes one 9-inch cake)

**NO-BAKE CRUST:**
**1/2 cup butter or margarine**
**1/3 cup sugar**
**1-1/2 cups Kellogg's® Corn Flake Crumbs**
Cook butter and sugar in small saucepan until mixture boils; remove from heat. Mix in Corn Flake Crumbs. Reserve 2 tablespoons mixture for garnish; press remainder in bottom of 9-inch springform pan. Chill.

**VELVETY CREAM CHEESE FILLING:**
**1 can (30 oz.) apricot halves, drained (reserve syrup)**
**1 envelope unflavored gelatin**
**2 pkg. (8 oz. each) cream cheese, softened**
**1 can (14 oz.) Eagle® Brand Sweetened Condensed Milk**
**2 tablespoons lemon juice**
**1 container (4-1/2 oz.) frozen non-dairy whipped topping, thawed**
Combine 1/2 cup reserved syrup and gelatin; stir over low heat until gelatin dissolves. Reserve 4 or 5 apricot halves for garnish; blend remaining apricots on high speed in blender until smooth. Combine apricot and gelatin mixtures; set aside. In large bowl, beat cheese until smooth. Add sweetened condensed milk and lemon juice; mix well. Stir in apricot-gelatin mixture. Fold in whipped topping. Turn into prepared pan. To garnish: slice reserved apricot halves into pieces; arrange in two-piece clusters around top of cheesecake. Spoon apricot glaze over top of cake. Add mint leaves to clusters. Sprinkle crumbs around outer edge of cake. Chill 3 hours.

**EASY APRICOT GLAZE: (optional)**
**1/2 cup reserved syrup**
**1 teaspoon cornstarch**
Cook and stir cornstarch and 1/2 cup reserved syrup until thick and clear. Cool. Spoon glaze evenly over top of cake.

For other delectable recipes, write:
California Apricot Advisory Board,
1295 Boulevard Way, Walnut Creek, CA 94595.

FAMILY FOOD IDEAS





Photographs: Dieter



# ndwiches ith sizzle

ether you grill, bake, or them, hot sandwiches are to beat as cold-weather Team them with soup, l, a simple dessert, and have it made.

**LED CHEESE SPECIAL**
*-cooked eggs, bacon and cream make this very al—*

**ces white bread**
**blespoons butter or argarine**
**ices sharp process nerican cheese**
**p dairy sour cream**
**blespoons chopped onion**
**rd-cooked eggs, sliced**
**oned salt**
**ices bacon, crisp-cooked nd drained**

bread bread slices on both with softened butter or garine. For each sandwich, a bread slice with a slice of se, a dollop of sour cream, le chopped onion and several slices. Sprinkle lightly with oned salt. Add 2 slices bacon; er with another bread slice. eat with remaining ingredi- to make 4 sandwiches. Place , cheese side down, in skillet. k till bread is golden brown cheese is melted. Turn; wn other side. Makes 4 sand- hes.

**M QUICKNICS**
*se make good use of over ham—*

**cups ground cooked ham**
**cup soft bread crumbs (1¼ slices bread)**
**cup evaporated milk**
**eggs**
**cup chopped green pepper**
**cup chopped onion**
**tablespoons brown sugar**
**h pepper**

• • •

**tablespoons butter or margarine**
**frankfurter buns, split and toasted**
**cup prepared mustard**
**cup mayonnaise or salad dressing**

In bowl, mix together ham, ad crumbs, evaporated milk, gs, green pepper, onion, brown gar, and pepper. Shape into logs to fit into the frankfurter ns. Melt butter or margarine 13½x8¾x1¾-inch baking h; roll ham logs in butter. ke in 450° oven for 25 minutes till browned. Brush once with h drippings during baking. rve in toasted buns. Combine ustard and mayonnaise; spread ham logs. Makes 10 servings.



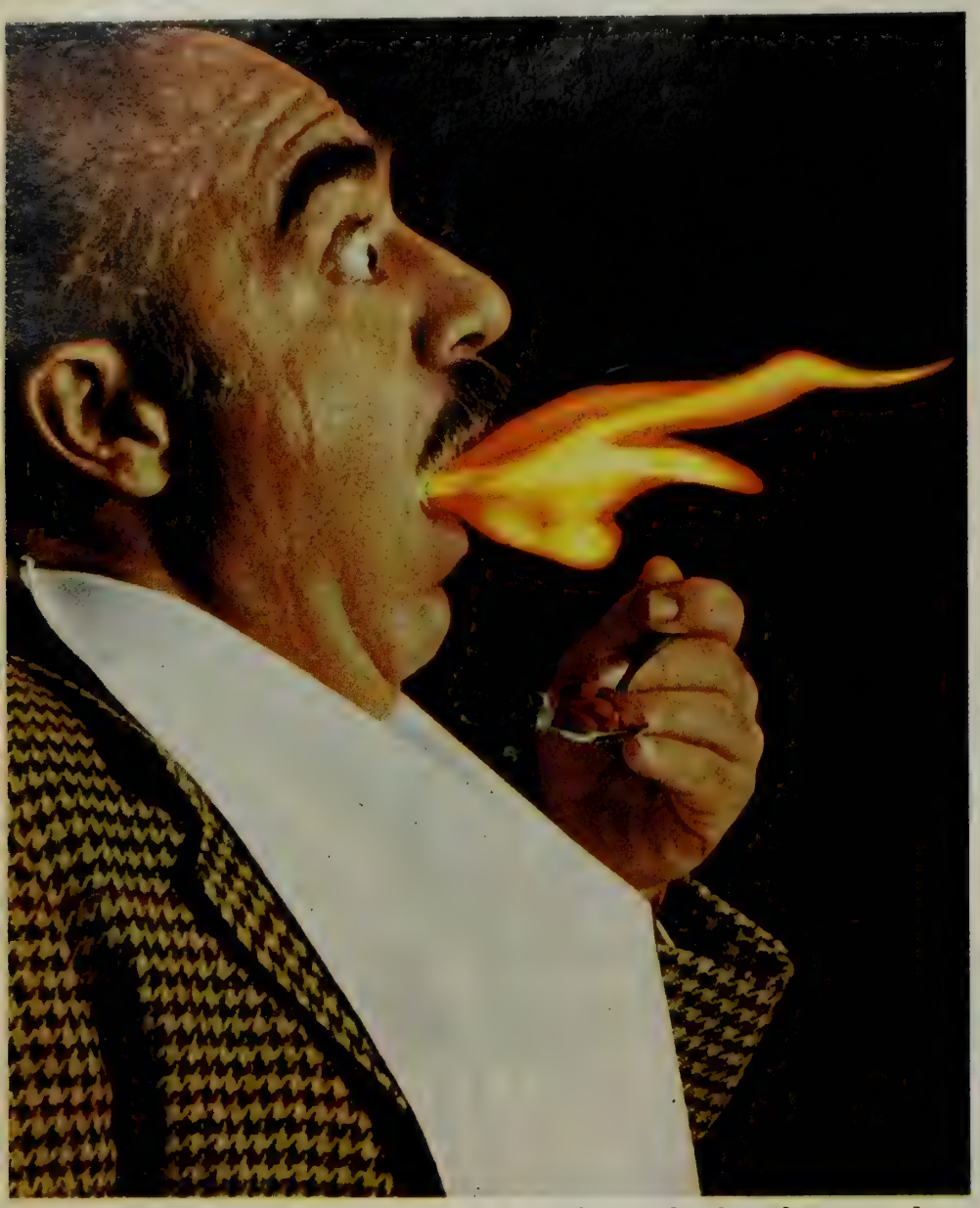



**CORNED BEEF-TURKEY HEROES**
*Also good on rye rolls—*

**8 hamburger buns**
**Tartar sauce**
**1 12-ounce can corned beef, chilled**
**4 slices process Swiss cheese, cut in half diagonally**
**2 4-ounce packages thinly sliced smoked turkey**

Lightly spread cut surfaces of buns with tartar sauce. Cut chilled corned beef into 8 slices. Layer slices of corned beef, cheese, and turkey on buns. Replace tops of buns; wrap each sandwich in a square of foil. Bake in 350° oven for 20 minutes or till heated through. Makes 8 servings.

# The most Unforgettable Meal I ever made.



I've never seen my husband so burned up. It was the night I was trying out a new recipe for chili we picked up in a little place on the Mexican border. Of course, the recipe wasn't all we picked up. But that's another story.

At any rate, there we were, sitting down to a nice hot bowl of chili, when my husband took his first bite.

You know, there's an old saying that the best way to learn about people is to watch the way they eat. Well, if you watched the way he ate that night, you could have learned a lot about my husband. Then again, you could've learned a lot about my chili. And believe me, I had a lot to learn.

Anyway, later that night the nurse at the hospital gave me a few words of advice. "McCormick/Schilling", she said. Which is the most practical advice a nurse could ever hand you.

You see, McCormick/Schilling are the spice and flavor people. So when it comes to chili, tacos, or anything at all where the right blend of seasoning can be critical, it makes good sense to go with McCormick/Schilling.

Which is what I did when Ray got home. Of course, when he saw we were having chili again, he turned as white as a sheet. And reached for the Blue Cross card.

I whispered, "McCormick/Schilling flavor makes all the difference in the world." And eased a tiny teaspoon past his lips.

No flames. No tears. And no leftovers.

In fact, since we discovered McCormick/Schilling, we've tried their Taco Mix, Enchilada Casserole, not to mention their Tamale Pie. And believe me, they make a memorable meal, every single time.

*Chili without Tears*

Brown one pound ground beef in 2 tablespoons of oil. Add one 15 ounce or two 8 ounce cans of Tomato Sauce, ½ cup hot water, one number 303 can of Kidney Beans, and the contents of one package of McCormick or Schilling Chili Seasoning Mix. Cover and simmer 10 minutes. Makes 4 servings.



**McCormick/Schilling flavor makes all the difference in the world.**




McCormick/Schilling

# HOW TO LAUNDER BABY CLOTHES

Every first-time mother has jillion questions, many of whi concern how to care for ba garments. Here are some swers to often-asked question

## Diapers

Soiled diapers should be rins immediately in cold water, th placed in a diaper pail. Bleach special diaper-soaking produ water conditioner, detergent, borax can be added to this wat The conditioner will control a monia-producing bacteria wh cause diaper rash—and elimin diaper pail odor.

Most people prefer to wa diapers separately from the fa ily wash or from other inf garments. To do this, pour off contents of the pail and put d pers into the washer. Spin off a excess liquid. Diapers can be p washed automatically in so washers, or a pre-wash can set manually on others. U warm or cold water and det gent for this pre-wash cycle. remove stains, bacteria, and e petroleum jelly, launder in l water with detergent and ch rine bleach. You'll get best sults if you wash no more th 36 diapers at a time in a st dard size machine.

Fabric softener can be used make diapers fluffy, non-irrit ing, and easy to pin. Rinse c pers once or twice, making s they are thoroughly cleaned the wash with hot water, ple of detergent, and chlorine blea

Drying diapers in the dr adds softness and removes creases and wrinkles.

## Flame-retardant sleepwea

Carefully follow the instr tions on the permanent care bels of children's sleepwe Manufacturers of items trea with a flame-retardant finish r ommend you avoid soap and n phosphate detergent.

## Stains

Formula, food, and burp st are always a chore to remove. best to rinse all infant garme with cold running water bef stains become set. ■



# Win money for your recipes

## Crockery Cooker Main Dishes—Fall Fruit Salads

**We're looking for new main dish ideas** that capitalize on the slow-cooking convenience of crockery cookers. We'd also like to hear about your favorite fall fruit salad. Send your recipes today for either or both categories and you could be a prize-winner next October. Two Cooks-of-the-Month receive $50 each. Four Runners-up receive $25 each, and 12 Honor Roll winners get $10 each. The selected winning recipes will be pictured on the Prize Tested Recipes pages next October. All 18 winners receive a framed Better Homes and Gardens Certificate of Endorsement and six copies of the endorsed recipe.

### Hints to Help You

**Crockery cooker main dishes** might include low-cost beef cuts tenderized in a savory sauce, a flavorful chicken chowder, or a zippy spaghetti sauce. Maybe you have an unusual or clever use for your crockery cooker. Hints:

*Cantonese ribs and cabbage*
*Horseradish ham loaf*
*Flank steak Diane*
*Spanish eggs and rice*
*Pork and potato scallop*

**Fall fruit salads** might include fresh pears, apples, cranberries, persimmons, grapes, and pomegranates. Do you toss fresh fruits with a tangy dressing or mix them with dried or canned fruits, cheese, nuts, or spices? Pointers:

*frosty filled pear cups*
*taffy apple slaw*
*spicy harvest ring*
*cranberry-banana boats*
*minty marinated fruit slices*

### THIS MONTH'S WINNERS

*(See recipes on pages 97 and 98.)*

#### Cooks-of-the-Month

Louise Cote, Flint, Mich.
Mrs. Roger C. King, Metaline Falls, Wash.

#### Runners-up

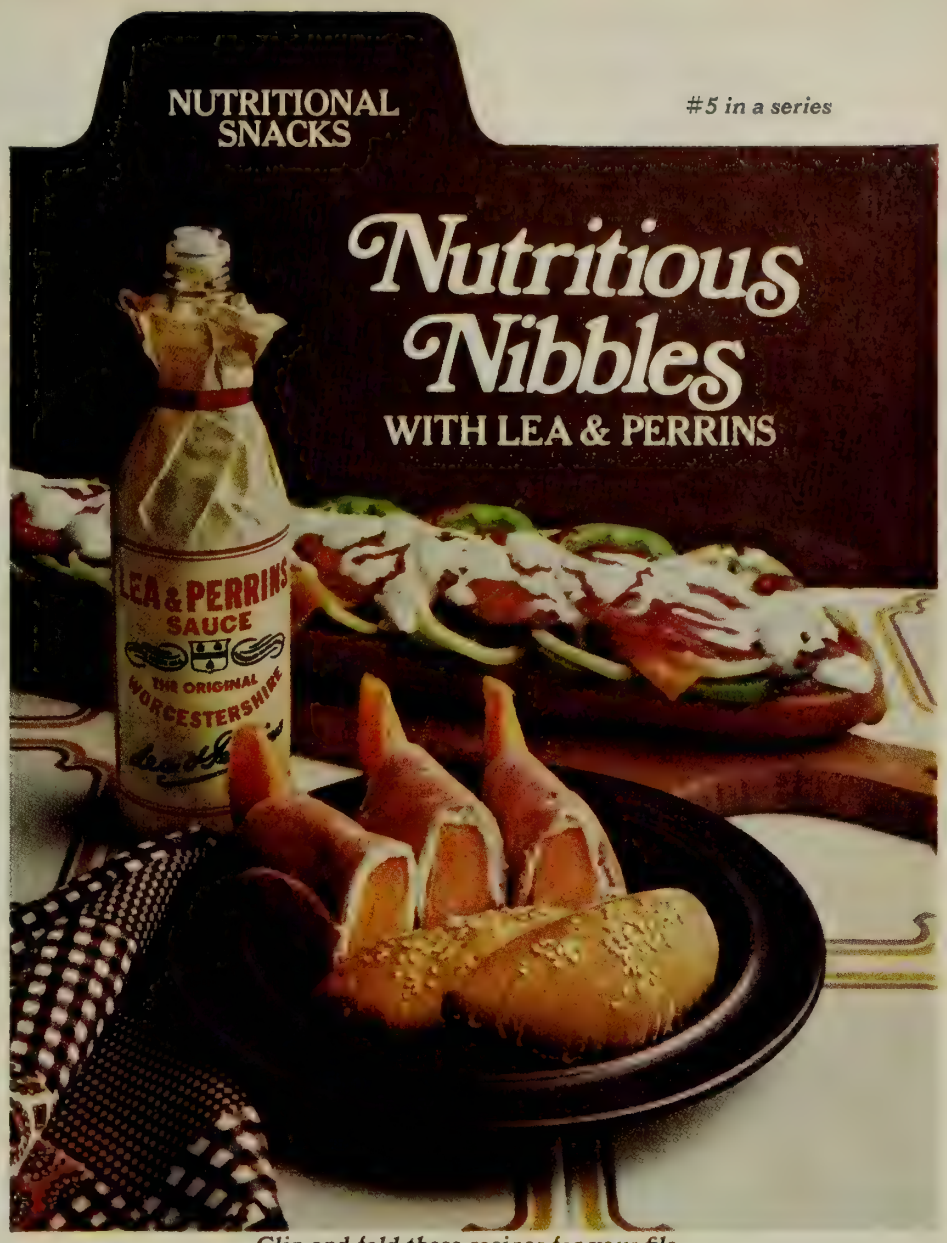
Mrs. Jack H. Bertolucci, Sacramento, Calif.
Mrs. W. W. Jones, Corpus Christi, Tex.
Mrs. Mary C. Tambakis, Fairfield, Conn.
Ruby Mae Watson, Dallas, Tex.

#### Honor Roll

Anna Alexander, Levering, Mich.
Mrs. C. A. Echart, Arlington, Tex.
Sandra A. Gross, Pittsburgh, Pa.
Linda Hall, Boise, Idaho
Jim Hawkins, Ellensburg, Wash.
Mrs. Alice Johnson, Bristol, Conn.
Linda McPherson, Solvang, Calif.
Janet Moser, Guttenberg, Iowa
Mrs. Chester R. Peterson, Nevada City, Calif.
Captain Hugh Poole, Conyers, Ga.
Blanche Solomon, Anaheim, Calif.
Vicki Lena White, Longview, Tex.

### CONTEST RULES

1. **Write or type your recipe clearly on one side of the paper and mark it "October Fall Fruit Salads" or "October Crockery Cooker Main Dishes". If you wish, send a recipe for each of the two categories.**
2. **Print your full name and address in upper right corner of paper.**
3. **Give measurements in *level* cups, tablespoons, teaspoons.**
4. **Specify brand names of the *nationally* known food products you use as ingredients so we can test your recipe with the same brands.**
5. **Include 50 to 100 words about the origin of the recipe you submit.**
6. **Recipes submitted become property of Meredith Corporation.**
7. **Entries must be postmarked by midnight, March 31. In cases where duplicate recipes are submitted, the one with the earliest postmark will be judged. All judges' decisions will be final.**
8. **We reserve the right to adjust and edit winning recipes.**
9. **Address the recipes you enter to 7603 Test Kitchen, Better Homes and Gardens, Des Moines, Iowa 50336.**


*Clip and fold these recipes for your file.*

**These between-meal snacks are wholesome, easy** ...and naturally delicious with the help of Lea & Perrins—the Original Worcestershire Sauce. Its century-old recipe uses only natural ingredients to give every nibble a special flavor you'll love.

### Pizza Loaf

1 can (8 oz.) tomato sauce
1½ tsp. Lea & Perrins Worcestershire Sauce
1 tsp. oil
1 loaf (6-8 oz.) Italian bread, halved lengthwise
1 green pepper, thinly sliced
¼ cup onion rings
4 slices American cheese, halved
8 slices salami
¼ cup shredded mozzarella cheese

Combine tomato sauce, Lea & Perrins and oil. Spread all but 3 tablespoons over cut sides of bread. Top with next four ingredients. Dribble with remaining sauce. Sprinkle with mozzarella cheese. Bake in preheated 400°F. oven until hot, 8 to 10 minutes. Cut each in fourths; serve hot. Yield: 8 snacks.

### Tuna Crescents

1 can (6-7 oz.) tuna, drained and flaked
1 Tbsp. finely chopped celery
1 Tbsp. mayonnaise
1½ tsp. Lea & Perrins Worcestershire Sauce
1 package (8 oz.) refrigerated buttermilk biscuits

Combine first four ingredients. On floured board shape each biscuit into 4-inch round. Place a tablespoon of tuna mixture on half of each round. Fold dough over; seal edges with fork tines. Prick tops with tines. If desired, brush with lightly beaten egg or milk; sprinkle with sesame seed. Bake on lightly greased baking pan in preheated 350°F. oven until golden, 15 minutes. Yield: 10 snacks.

### Ham Roll-Ups

Combine 1 package (3 oz.) cream cheese, softened with 1 teaspoon Lea & Perrins Worcestershire Sauce. Spread on 4 thin slices of cooked ham. Place a thin melon crescent or pickle wedge on ham. Roll up and cut in half. Yield: 8 roll-ups.

**Lea & Perrins. The people who know their sauces.**

For your free Worcestershire recipe book, write Lea & Perrins, Dept. C4, Fair Lawn, N. J. 07410.

# Microwave vegetable dishes

If you have a microwave oven, you've probably discovered it does great things for vegetables. They emerge from the oven with extra-fresh color and flavor.

We used the counter-top microwave oven for these three recipes. The oven not only cooked the fresh and frozen vegetables, it also handled all the preliminary steps: melting butter, sautéing onions, fixing a cream sauce. Note that timings may vary different brands of counte microwave ovens.

**BROCCOLI IN CHICKEN DILL SAUCE**

- **1 pound fresh broccoli**
- **¼ cup water**
- **2 tablespoons butter or margarine**
- **¼ cup chopped onion**
- **1 can condensed cream of chicken soup**
- **⅔ cup milk**
- **¼ teaspoon dried dillweed**
- **Dash pepper**



Cut broccoli into servin pieces, removing tough stem Place in 2-quart glass cass with the ¼ cup water. Cover waxed paper and cook in c er-top microwave oven for 10 minutes; drain well. butter or margarine and cho onion in glass mixing bowl. C with waxed paper; cook in n wave oven for 2 minutes c onion is tender. Remove oven; stir in soup, milk, dill pepper. Stir to blend. Pour broccoli. Return to oven; uncovered 4 minutes Makes 6 servings.

**ARTICHOKES WITH LEMON SHALLOT BUTTER—**

- **4 fresh artichokes**
- **2 tablespoons butter or margarine**
- **¼ cup chopped shallots**
- **⅛ teaspoon dried rosemary, crushed**
- **1 cup chicken broth**
- **1 tablespoon lemon juice**
- **1 tablespoon cornstarch**

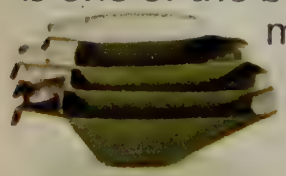






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…sh artichokes, remove stem … Cut off top ⅓ with sharp … Snip off thorny tips of …s. Rinse and wrap immedi… in waxed paper; twist ends …eal. Cook in counter-top …owave oven for 10 minutes. …ove from oven.

2-cup measure, combine …r or margarine, shallots, and …nary; cook, covered with …d paper, in microwave oven … ½ minutes or till shallots are …er. Combine chicken broth, …n juice, and cornstarch; add …easuring cup. Cook, covered, …1 minute. Remove and stir. …rn to oven; cook 1½ to 2 …utes more, stirring every 30 …nds. Unwrap the artichokes; …e with lemon butter dip. …es 4 servings.

**…NACH-CHEESE CUSTARD**

**…0-ounce packages frozen …hopped spinach**
**…easpoon garlic salt**
**…easpoon pepper**
**…cups (6 ounces) shredded …harp process American cheese**
**…up biscuit mix**

• • •

**…well-beaten eggs**
**…up milk**
**…ablespoon butter or …nargarine**

Photographs: Dieter



Place spinach, icy side up, in …½-quart casserole. Cover and …ok in counter-top microwave …en 5 minutes. Remove cover …d stir spinach to break up any …y portions. Return to oven; cov… and cook 3 to 4 minutes more. …emove and drain very well to …move all liquid. Combine spin…h, garlic salt, pepper, 1 cup of …e cheese, and the biscuit mix. …ir in eggs and milk till well-…lended. In 8-inch glass baking …ish, melt butter or margarine in …icrowave oven. Tilt dish to coat …ottom and sides. Pour in spinach …ixture. Cook, covered, in micro…ave oven for 3 minutes. Stir …ixture; cook 1 minute more. Stir …gain; cook 3 minutes more. Re…ove from oven. Top with re…aining ½ cup cheese; cook 30 …econds more. Serves 6. ■





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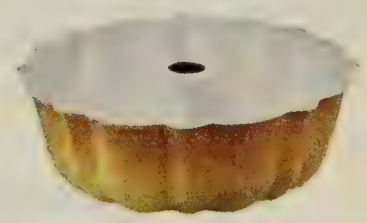

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# New for your microwave oven

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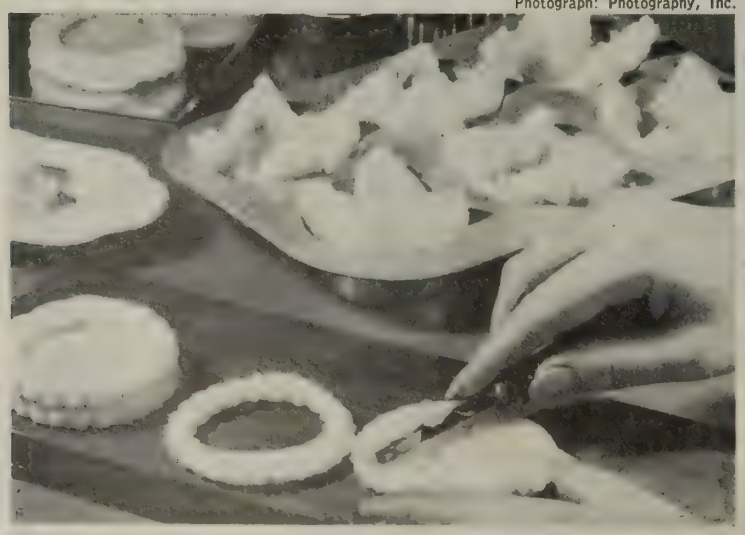
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LOOK AND COOK

## Toast tricks

Photograph: Photography, Inc.



*These attractive toast rings and cups make ideal servers for creamed eggs and seafood, or chicken a la king—*

**For Toast Rings:** Use 2 sizes round cookie cutters, one 3-inch and one 2¼-inch, either scalloped or plain. Cut larger circles from white bread slices. With smaller cutter, remove centers from half of the bread circles, forming rings. Spread all tops with softened butter or margarine. Place a bread ring atop each circle on ungreased baking sheet. Toast in 350° oven for 15 minutes.

**For Toast Cups:** Trim crusts from sliced sandwich-style white bread. Spread one side with softened butter or margarine. Carefully press into ungreased muffin pans, buttered side up. Toast in 350° oven for 15 minutes.

## Buying guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

**CORNED BEEF ENTREES**

**Page 12** (center): Skillet—Columbian Enameling & Stamping Co., Inc., Div. of General Housewares Corp., P.O. Box 4066, Terre Haute, Indiana 47804.

**BREAKFASTS THAT GET YOU GOING**

**Page 28** (top): Plate and cup—Bennington Pottery, 324 County Street, Bennington, Vt. 05201. (Bottom): Soup bowl, liner, mug, and saucer "Saturn"—H. Wittur & Co., 1024-1026 Emerson St., Evanston, Ill. 60204. Juice glass "Country Garden"—Libbey Glass Company, Div. of Owens-Illinois Glass Company, Owens-Illinois Building, P.O. Box 919, Toledo, O. 43693.

**A NEW LOOK FOR CHICKEN & DUMPLINGS**

**Page 32** (top): Soup bowls—The Pfaltzgraff Company, P.O. Box 1069, York, Pa. 17405.

**HE COOKS**

**Page 44** (top): Stemmed bowls—International Craft Designs, 8 W. 19th St., N.Y., N.Y. 10011.

**FIT-TOGETHER FURNITURE**

*The manufacturers of the fit-together (knockdown) furniture shown on pages 48-53 have assured us that if you write to the addresses listed below, you will be provided with the name and address of the dealer nearest you who sells the product(s) you're interested in. All other products shown on these pages are listed below in our regular buying guide.*
*Page 49: "Easy Livin' " Carefree chairs and trestle table—Burris Industries, Inc., Marketing Div., Box 698, Lincolnton, N.C. 28092. Modular bookshelves and coffee table—Cado/Royal System, Inc., 57-08 39th Ave., Woodside, N.Y. 11377. Dining chairs and rocking chair (to order kit catalog)—The Shaker Workshops, Inc., P.O. Box 710, Concord, Mass. 01742.*
*Page 50: Rocking chairs—The Imblues Co., Box 211, Perkasie, Pa. 18944. Plastic étagère—Burwood Products Co., Traverse City, Mich. 49684.*
*Page 51: Ready-to-finish kit furniture from the Bartley Collection, Ltd., 1030 Old Barn Lane, Lake Forest, Ill. 60045. (See page 140 for how-to-order form).*
*Page 52: Lounge chairs—The Bunting Co., 1771 Tomlinson Rd., Philadelphia, Pa. 19116. Modular wall system "Creative Cubics"—USS Chemicals, P.O. Box 151, Circleville, O. 43113. Att: Mr. Wm. Vivian. Plastic stacking "Lapp" chairs by UPO—Stendig, Inc., 410 E. 62nd St., N.Y., N.Y. 10021. Drop-leaf Shaker table—The Shaker Workshops, Inc., P.O. Box 710, Concord, Mass. 01742. (To order kit catalog).*

**FIT-TOGETHER FURNITURE**

**Page 49** (top): Picture "The Red Barn"—The Plante Co., 14132 E. Ten Mile Rd., Warren, Mich. 48089. Straw mats—Maxon Imports, 710 Indiana Ave., West Bend, Wis. 53075. Red plates and white bowls—Plastics Mfg. Co., 2700 S. Westmoreland Ave., Dallas, Tex. 75233. Glass mugs—Iittala USA Ltd., 225 Fifth Ave., N.Y., N.Y. 10010. (Bottom): Floor lamps—Robert Sonneman Associates Inc., 37-50 57th St., Woodside, N.Y. 11377. Area rug—Carpet Imports of Louisville, 1201 Story Ave., Louisville, Ky. 40206. Window shade—Del Mar Company, 7130 Fenwick Lane, Westminster, Calif. 92683. Picture—The Plante Co. (address above). Glass head—Horchow Collection, P.O. Box 34257,

Tex. 75234. Tape deck—IVC Inc., 3012 Malmo Dr., Arlington Ill. 60005.
(top): Love seat—Swaim Origi-, 200 E. Linden Ave., P.O. Box gh Point, N.C. 27263. Carpet—exter, 2800 Superior Ave., Cleve-44114. Chair—Drexel Heritage ngs, Drexel, N.C. 28619. Chair seat fabric—Scalamandre, 37-24 Long Island City, N.Y. 11101. Yamaha International, 6600 Or-pe, Buena Park, Calif. 90620. oves—Hong Horizons, 135 N. Vic-d., Burbank, Calif. 91502. Yellow rice L. Rogers, Inc., 9 Cricket dmore, Pa. 19003. (Bottom): Plate Horizons (address above).
: Floor covering—Allison T. Sey-nc., 5423 W. Marginal Way SW, Wash. 98106. Sofa—Kroehler o., 222 E. Fifth, Naperville, Ill. Ceiling light and floor lamp—er, 346 Claremont Ave., Jersey J. 07305. Picture "Yellow Bird" Plante Co. (address above). Tele-Sony Corp. of America, 47-47 am St., Long Island City, N.Y. Bamboo table—Taylor Ng, 651 St., San Francisco, Calif. 94105. –A Joint Venture, Inc., The Ware 1750 N. Clark, Chicago, Ill. 60614. (top): Window blind—Stein-Bent-., N. Bellmore, Long Island, N.Y. Place mats—The Brooklyn Mu-Gallery Shop, Eastern Pkwy., n, N.Y. 11238. Plates—Trans-Bridge Inc., 11440 Isaac Newton ston, Va. 22070. Cups—Rosenthal-Inc., 225 Fifth Ave., N.Y., N.Y. Tray basket on chrome base—Ven-ports, 690 4th St., San Francisco, 4107.

**REMODELING**

**72:** Sofa—Atelier International, 39 E. 57th St., N.Y., N.Y. 10022. and chairs—Stendig, Inc., 410 E. ., N.Y., N.Y. 10021.
**4:** Bedspread and curtains—Field-Mills, Inc., 60 W. 40th St., N.Y., 10018. Poster picture—Page Edi-Inc., 115 E. 23rd St., N.Y., N.Y. Wicker cube table—Pier I Imports, W. Freeway, Fort Worth, Tex.

**EN REMODELING**

**76** (left): Coffee mugs—Corning Works, Corning, N.Y. 14830. Sink ler Co., Kohler, Wis. 53044. Ceiling ixture—Habitat, 341 E. 62nd St., N.Y. 10021. Wallpaper—Katzen-& Warren, Inc., 575 Madison Ave-.Y., N.Y. 10604. (Right): Pots and (hanging)—Faberware, 100 Electra Yonkers, N.Y. 10704. Range—Stove Works, 4631 W. 12th Pl., , Chicago, Ill. 60650. Flooring—elle #79962, Armstrong Cork Co., ster, Pa. 17604. Herb/spice contain-Copco, Inc., 230 Fifth Ave., N.Y., 10001.
**77** (bottom): Floor tile—Eden Mfg. 1075 Home St., Bronx, N.Y. 10459. covering—Vice Versa, 979 Third N.Y., N.Y. 10022. Table—Danielle cts Ltd., Evans St. & Woodhaven Philadelphia, Pa. 19116. Chairs—cock Chair Company, Riverton, 06065. Light fixture—Lightolier, Claremont, Jersey City, N.J. 07305. ware—The Ironmonger, 446 N. St., Chicago, Ill. 60601.

**RICA: THE MELTING POT OF D COOKING**

**87** (top): White casseroles—Corning Works, Consumer Products Div., ing, N.Y. 14830. Blue square bowls—. Lauffer Company, Inc., Belmont , Somerset, N.H. 08873.
**93:** China "Ironstone"—Josiah gewood & Sons, Inc., 555 Madison , N.Y., N.Y. 10022. Pewter bowls—on Armetale, 18th & Franklin Sts., mbia, Pa. 17512.

**E TESTED RECIPES**

**97** (left): Plate "Centura"—Corning Works, Consumer Products Div., ing, N.Y. 14830. Coffee cup, saucer, fork "Flowertime"—Noritake Com-Inc., Cincinnati, O. 45215. (Right): ter bowl—S. P. Skinner Company, Fifth Ave., N.Y., N.Y. 10010. Plate—ques, Ltd., 1517 Merchandise Mart, ago, Ill. 60654. Pewter mug—Skinner ress above). Flatware "Olde Towne" orham, Div. of Textron, 333 Adelaide ., Providence, R.I. 02907. Basket—le and Barrel, 1510 North Wells St., ago, Ill. 60610.
**98** (top left): Casserole—H. E. Lauf-Company, Inc., Belmont Drive, Som-, N.J. 08873. Basket—F. O. Merz & pany, Inc., 1504 Mdse. Mart St., Chi-, Ill. 60654. (Bottom left): Plates and with lid—Fisher, Bruce, and Com-, 921 Market St., Philadelphia, Pa. 06. Napkin—Bonniers, 605 Madison , N.Y., N.Y. 10022. (Top right): Plate lumb Gift Shop, 3730 Ingersoll Ave., Des Moines, Ia. 50312. Pitcher "Chili"—Block China Company, 25 East 26th St., N.Y., N.Y. 10010. Cups "Transition W"—Block (address above).

**BACON BUYMANSHIP**

**Page 111:** Platter "San Surf"—H. Wittur & Co., 1024-1026 Emerson St., Evanston, Ill. 60204.

**SANDWICHES WITH SIZZLE**

**Page 114** (top): Luncheon plate—Bennington Pottery, 324 County Street, Bennington, Vt. 05201.

**MICROWAVE VEGETABLE DISHES**

**Page 118** (top): Oval baking dish and luncheon plates—Millard Norman Co., 4688 Paddock Road, Cincinnati, O. 45229.
**Page 119:** Casserole and plate—Corning Glass Works, Corning, N.Y. 14830; Green wood salt and peppers—Ekco Housewares Company, 9234 West Belmont Ave., Franklin Park, Illinois 60131; Serving spoon—Dansk Designs, Inc., Radio Circle Road, Mt. Kisco, N.Y. 10549.

**CASSEROLES FOR TWO**

**Page 142** (top): Casseroles—Denby, 4688 Paddock Road, Cincinnati, O. 45229.


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# New Ideas

## MICROWAVE COOK BOOK

After extensive research and testing, the editors of Bette Homes and Gardens present the timely new Microwave Cook Book. This colorful book features an assortment of over 20 recipes that enable you to take full advantage of you microwave oven. Recipes are included for appetizers, snacks beverages, main dishes, vegetables, soups and sauces, sand wiches, desserts and special menus for family and company meals. One section includes 17 menus, with each dish pre pared in sequence so the complete meal is ready to serv at the same time. Another section tells you how to use the microwave oven with your freezer, range top and barbecue. This new book also covers preparation techniques and tips, a frozen vegetable cooking chart plus recipes utilizing the oven's variable cooking speeds and browning unit. Hard cover. Just $2.49 wherever books are sold.



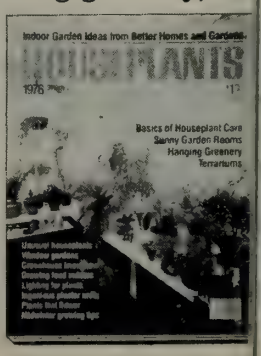

## DECORATING WITH NEEDLEPOINT



Decorating with Needlepoint is a new needlepoint book with a difference Published by Creative Home Librar in association with the editors of Bette Homes and Gardens, it's not only complete guide for beginners or ad vanced needlepointers, but it also fea tures 73 totally original designs in ful color. Included are more than 40 proj ect ideas for your completed pieces Noted needlepoint designers Joan Scobey and Marjori Sablow have featured such projects as covers for chairs an benches, upholstered coffee tables and card table covers decorative accessories, window and floor treatments, wal hangings and holiday projects. Designs and project idea are all color illustrated and feature step-by-step instruction Also included are tips for selecting canvas and yarns, an professional ways to finish a completed project. Hard cove Just $9.95 wherever books are sold.

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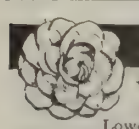
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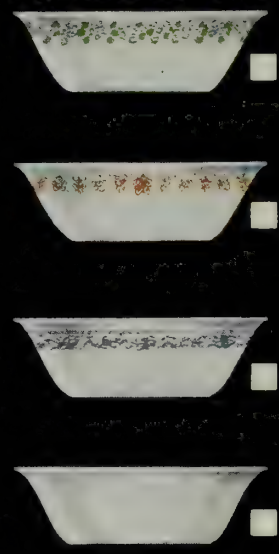
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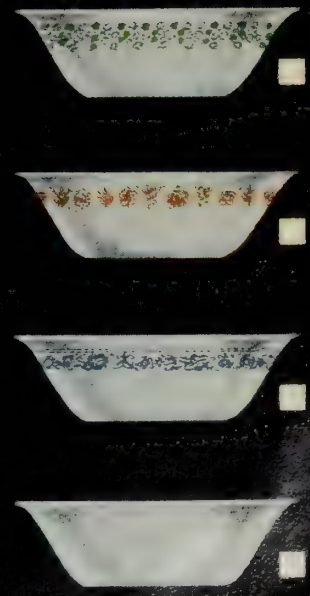
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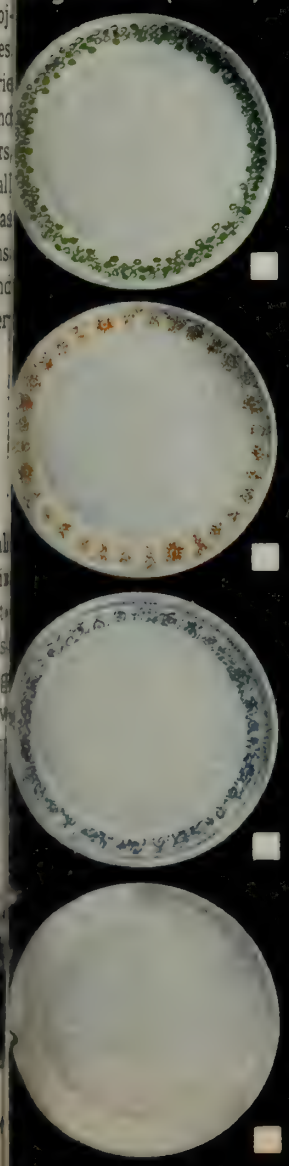
**1-Qt. Serving Bowl**



**2-Qt. Serving Bowl**



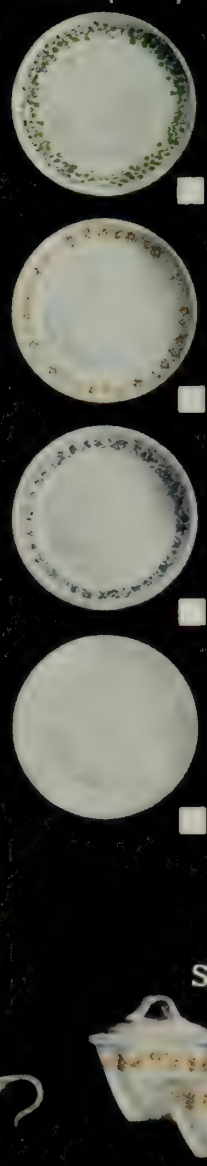
**Large Plate (10½")**



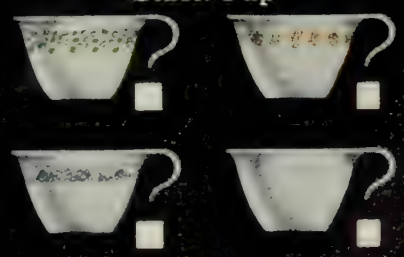
**Medium (8½")**



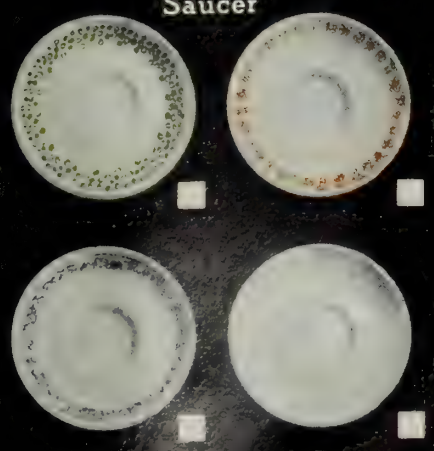
**Small (6¼")**



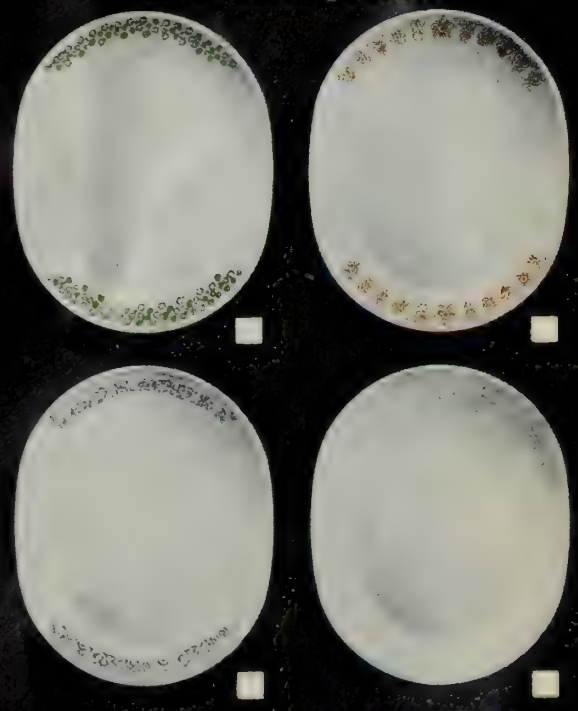
**Stack Cup**



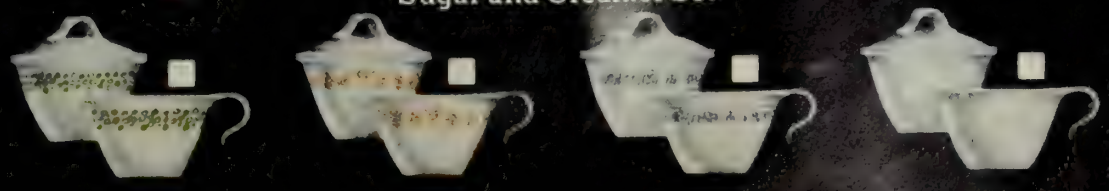
**Saucer**



**12½" Serving Platter**



**Sugar and Creamer Set**



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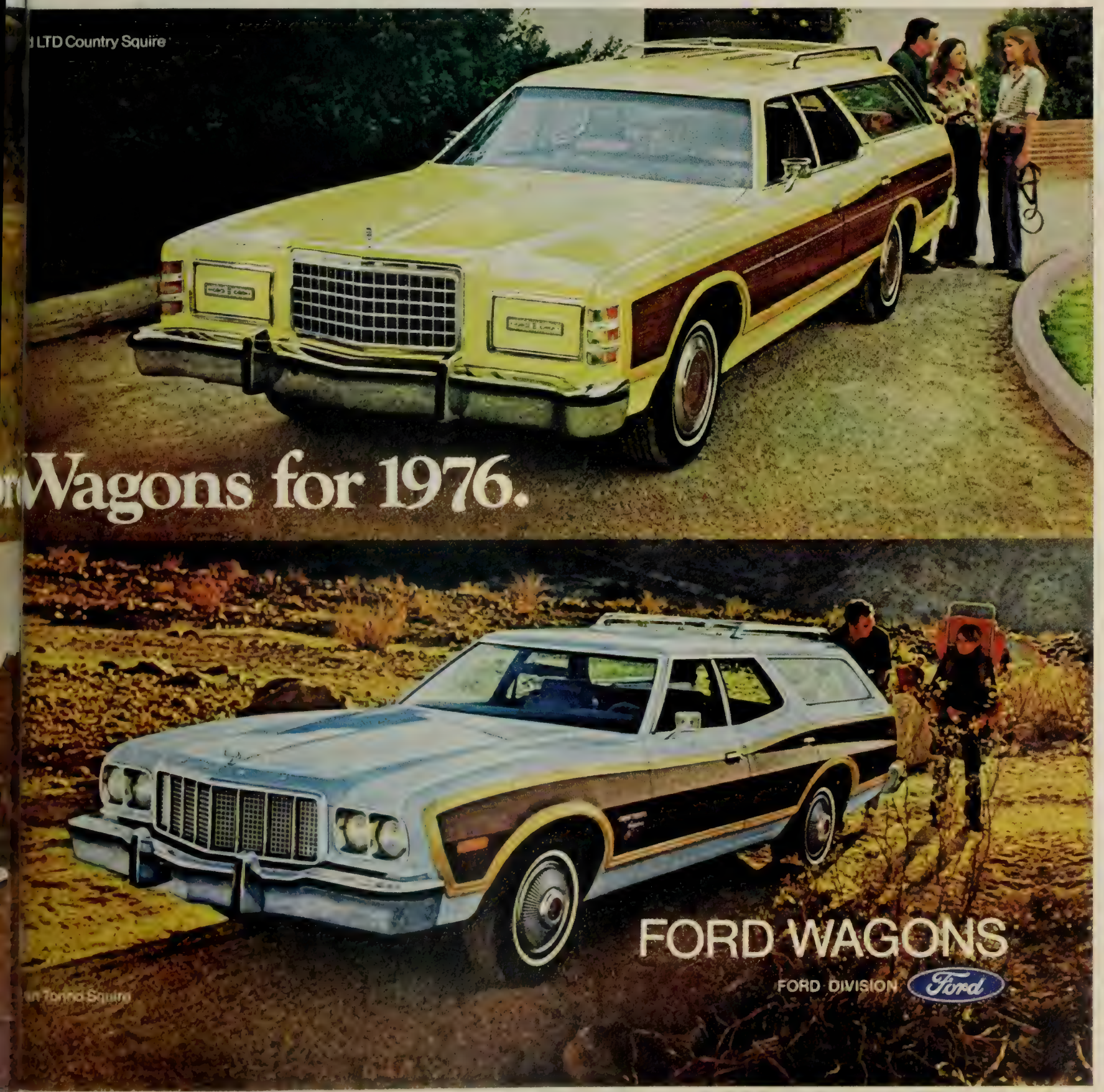


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# The Old South

## America Rediscovered Part 2

### By Kate Keating

To truly appreciate the special appeal of the Old South you'll need a discerning eye and a responsive heart. The region is a lush land of timeless subtleties, changing moods, and enormous variety. First, it is blessed with an abundance of unique and marvelous gifts of nature for you to savor. Stunning, often empty beaches along the Atlantic sparkle in the strong sun, and golden islands are crowned by huge ancient live oaks dripping with Spanish moss. Stands of knobby, gnarled cypress trees rooted in the black waters of the primordial Okefenokee Swamp give way to swaying prairies of swamp grass. Tobacco fields and rolling pastures climb to red-clay hills and to low mountains split by gorges, rivers, and streams. Bayous poke their marshy paths back from the Gulf of Mexico, dense pine and hardwood forests roll up and down easy hills dotted with lakes, and the distinctive flat cotton fields of the Mississippi Delta stretch their white-speckled way out to gauzy, green soft horizons.

The South is rich with living history, too. Evidence of times gone by is generously scattered and lovingly preserved wherever you go. In cities and towns, grand and lovely old homes and churches proclaim a deep romantic identification with the past.

While this Bicentennial year signals a celebration of 200 years of uninterrupted progress for most of America, the South presents a much more complicated picture. Totally devastated just over 100 years ago by the Civil War—its cities ravaged and flattened, its homes and crops destroyed, its governing bodies disrupted, its families and friends alienated, and its life-style all but wiped out—the South can well celebrate an impressive recovery the likes of which no other section of the country ever had to undertake. The battered Southerners replanted, rebuilt, and restored. And then they took on the monumental task of catching up with 20th-century America.

Softened by time and seemingly grown over by luxuriant green vines and pungent blossoms, the painful scars of the past are no longer visible. The people, maintaining one of their staunchest traditions, are charmingly cordial to a degree you'll find nowhere else in America. Poverty, when you encounter it, and you will, is softened by the benign surroundings and seems much less grim than it does elsewhere. Industry, which has been aggressively sought for the past 30 years, has made its marks, some of which are undesirable but most of which mean money for the many—definitely an innovation in the South. The cities are humming; gleaming glass and steel towers house offices, restaurants, and hotels. There are giant new stores, sports arenas, art centers, museums, theaters, and notable medical centers. Resorts and recreation facilities are sprouting. Fine highways are laid like a web across the map, giving easy access to what were sleepy backwoods or backwater settlements.

You'll see, too, that not everything is purely sunshine and roses. The South, in its race to catch up, sorrily didn't heed the mistakes of Northern front-runners. Cheek-by-jowl gas stations, fast-food emporiums, and used car lots ring Southern cities just as garishly as they do their Northern counterparts. Suburbs, too, sprawl without the benefit of much planning or imagination. And industrial pollutants are a problem in some places. Overall, however, the good far outweighs the bad, and reverence for the past has paid off in the preservation and restoration of buildings that elsewhere would long ago have been flattened by the wrecker's ball. The South today is a thriving repository of this country's most gracious architecture.

Fortunately, it wasn't just the distinctive architecture that Southerners preserved. Qualities, traditions, and priorities that grew out of more languorous times have also been maintained, especially in places off the beaten path. One of the most attractive qualities you'll find in Southerners is an engaging loquaciousness. Just as the New Englander is famed for his taciturn "yeps" and "nopes," the Southerner is known for his irrepressible talkativeness. That tendency has borne a bountiful harvest—outstanding writers and countless fine conversationalists. An everyday encounter, like a request for directions, is quite likely to start a flood of suggestions about things you shouldn't miss along the way. And if storytelling should start, well, you're in for a treat.

Perhaps the most incredible storytellers are the rugged Appalachian mountain people in northeast Georgia who spin tales that are in themselves a high art form. If, when you go about exploring the Old South, you spend some time in the mountains, you're sure to hear some of their rambling anecdotes. The stories waft back and forth between fact and fantasy, between being outrageously funny and touchingly tender.



Scratching out a living in the sparsely settled Southern Appalachians has always been a challenge, and luxuries are few. (It was only about 35 years ago that electricity was first brought to the mountains, and some residents are still waiting for it.) You might already be familiar with the best-selling Foxfire books, which describe mountain survival skills and crafts, and illustrate the arduousness of the mountain life-styles. The books are prepared by the students of the Rabun Gap-Nacoochee School near Clayton, in Rabun County, in the heart of the mountains.

For all its scenic wonder, Rabun County is still mostly untouched and undeveloped. Most of the mountaineer families who live there seem scarcely changed by the influx of highways, visitors, and a handful of second-home weekenders from Atlanta. Not surprisingly, you'll find little in the way of plush tourist accommodations in Rabun County, but there are incredibly good and wholesome family-style restaurants and enough comfortable rooms so that you don't have to bring a tent unless you want to. However, bringing a tent isn't a bad idea, as camping sites are plentiful and the area will captivate anyone who enjoys the outdoors. Deep hilly forests are laced with laurel-bordered streams excellent for trout fishing or floating; many of the mountains have boulder-bald peaks from which you can see far into the alpine distance. Hiking trails thread past cliffs and waterfalls.

Saturday night in Rabun County is devoted to country music and raucous buck dancing, and clogging. Hooting, foot stomping, and hand clapping spur the mountain fiddlers on and on to greater and greater heights of virtuosity. The Saturday night jamborees are regular events at the Mountain City Playhouse, a few miles north of Clayton. Strangers can just watch if they choose, but they're welcome to join in the colorful, whirling, whoop-de-do fun.

The arts and crafts of the Southern Appalachians have only recently attracted the acclaim they justly deserve. Among the choicest examples of the mountaineers' art are exquisitely finished and reasonably priced patchwork quilts, pillows, apparel, and crocheted items. Also very special are the pottery, weaving, macrame, folk Christmas decorations, and wood carving. The quaint old refurbished train depot at Tallulah Falls, south of Clayton, shelters a co-op craft shop with an exceptionally fine selection.

Not far from the depot, observation points overlook the Tallulah Gorge. Stark rocky walls drop down some 900 feet to create one of the most dramatic canyons in the east.

No season is a bad season to visit the South. Snow and cold are common only in the mountains and far northern reaches. Otherwise, winter is little more than an invigorating two-month break in the balminess that prevails the rest of the year. Fall is typically dry and clear, a time for vigorous outdoor activity that might seem too strenuous for summer days. (Although the typical Southern summer isn't nearly as hot as you might think, it is sultry enough to slow you down some.)

The very best time to be in the South is spring, which starts in late February and early March when the area turns into a botanical paradise. Within a few weeks, the land is covered with blossoms—showy daffodils and tulips are at their peak, and rosy camellias and azaleas burst out in hues from soft pink to deep red. A profusion of delicate dogwoods whitens hillsides and lawns like a lace coverlet, and jasmine climbs its creamy, fragrant way up garden walls. Everywhere the floral extravaganza is a feast for the senses.

While things are looking their very best, the residents of many communities open their historic homes and gardens to the public. These spring house and garden tours last anywhere from a few days to several weeks.

Even in small towns, you can often find at least one distinguished antebellum home that has been restored and furnished by a historical or garden society, and opened to the public daily, year round. Almost always these homes are well worth visiting. However, the vast majority of colonial and antebellum homes are privately occupied and are not open to public viewing except during the springtime tours.

You can make some of the tours, where the houses are close together on foot. For other tours, you'll need a car. At some stops you'll be served tea or a box lunch in the garden by a hostess costumed in a sweeping antebellum gown. Some tours are in the evening, when



houses are illuminated only by candles and gardens by flares. Night or day, the tours offer a delightful way to see the romantic architectural styles of the Old South—imposing Greek Revival, lacy iron-railing-bedecked Creole, classic Georgian, Federal, Regency, Southern Colonial. During tour-time, most communities stage other special activities like pageants, dramas, and arts and crafts shows and festivals. Spring Pilgrimage dates run from early March to about mid-April. Among the cities and towns participating are New Orleans; the Mississippi Gulf towns; Mobile and Eufaula, Alabama; Atlanta and Savannah, Georgia; Charleston (which also has fall tours) and Camden, South Carolina; and Natchez, Mississippi. (This listing is far from complete—check with state tourism offices for other communities offering tours.)

Aristocratic Natchez, the oldest settlement on the Mississippi River and once the richest city of the Old South, conducts the most ambitious tour and pageant, lasting almost a month. In addition, several private antebellum residences in Natchez are open on a regular though limited basis year round, and one even takes overnight guests. Natchez, a city of about 20,000, sits high atop a bluff overlooking the Mississippi. Residents have done a most impressive job of preserving the old core of town, and the aura of a much earlier time has lingered more than it does in most places. Natchez is a prime destination no matter what time of year you travel in the South.

Just a few miles north of the city, you'll find the entrance to the Natchez Trace, originally the trail between Natchez and Nashville and now a lovely scenic parkway through forests and manicured, split-rail-fenced countryside. Signs point you from the parkway to a dusty crushed-stone road to the Emerald Indian Mound, third largest in the country. From the top of this mountain of dirt built by unknown Indians for their sun-worshiping ceremonies, you get a strong sense of majesty and a magnificent view of the country that lies around you. Though this very special spot is not remote, it seems to be little visited, and the resulting privacy adds to the mystical impression.

The most enormous single event to envelop the Old South was, of course, the Civil War, waged in Southern fields, forests, and towns. Throughout the South, numerous battlefields have been turned into public monuments. However, the most impressive of the Civil War sites is the Vicksburg National Military Park. Intense Union naval and infantry attacks trapped the town and the Confederate forces in a grueling 47-day siege. Supply lines were severed, creating serious food shortages, and heavy bombardment forced the townspeople to dig caves in which to hide. The surrender of the strategic Mississippi town, which came, coincidentally, on the Fourth of July in 1863, signaled the beginning of the end for the Confederacy.

A visit to the battlefield, a 1,869-acre crescent that presses the city toward the Mississippi River, is a highly emotional experience no matter which side of the Mason-Dixon Line you come from. Your tour of the battlefield starts at the visitors center, which offers exhibits and a short film on the awful struggle. Then, as you walk the lines and trenches, and gaze out from the redoubts where brother fended off brother, the scenes will soon start forming in your mind. Looking at a row of cannons, you can visualize the soldiers manning them in the grim, deathly strife. The battlefield and the cemetery—where 18,500 mostly unknown Union soldiers are buried—are quiet and serene now. In the silence you can almost hear the cries and shouts of the men, the pounding of cannonballs, the racket of exploding shells, the crack of firing rifles, and the ordinary sounds—the clank of cooking kettles, the whinnying of horses, the lonesome melody from a single harmonica.

The city of Vicksburg is fascinating to explore too. Brick-paved streets still trail through the hilly historic section, and two antebellum homes that survived the bombardment have been restored and opened to the public. You can see where cannonballs and shrapnel pierced the walls. The Old Court House Museum, where General Grant raised the American flag on that fateful July 4th, houses a fine collection of Civil War Americana. There is a strictly 20th-century U.S. Army Engineer Waterways Experiment Station just south of town where you can see working replicas of waterways and harbors all over the country, and the dams and locks built to control them.

Politics is second only to God in the South, and one suspects that on occasion they run neck and neck. Talk to most any Southerner and you'll soon discover that he takes a passionate interest in politics, from county to global. A perfect place to get a glimpse of Southern politics is at the Neshoba County Fair, held just a few miles from Philadelphia, Mississippi. This week-long, mid-July event, which originated in 1889, is a hotbed of horse racing and the last of the real camptown fairs. No Mississippi politician in or running for office would miss it for the world. The Fair is the soapbox of the state, a sawdust-carpeted mecca of sweaty handshaking, backslapping, button pinning, and baby kissing. And talking.

The Neshoba Fair includes gospel singing and high school bands; a beauty pageant and cattle judging; preserves, needlework, and crafts competitions; farm machinery exhibits and parachute jumps; country music stage shows and kiddy talent contests; square dances and a dusty midway. But the real focal point is a central square surrounded by nearly 400 narrow, mostly rickety, two-story cabins draped in red, white, and blue bunting. This is the camptown where, for two days from morning to night, officeholders and candidates line up for their allotted seven minutes each to address the crowds. And crowds there are—numbering up around 40,000 on the midweek Jackson Day when the candidates for the top offices are scheduled to appear. A politician, from governor on down, can be made or broken by the impression he or she creates at Neshoba.

While there are thousands of day-visitors, the optimum way to "do" the Fair is either to own one of the rustic cabins or be a houseguest of someone who does. (You'd swear that it took a shoehorn to squeeze that many people into a small cabin.) Living in a cramped shack for a week rules out much sleeping. Dancing and singing go on into the wee small hours, and at the crack of dawn everyone pours out onto the chair-packed porches. It's the start of another day of visiting and remembering the way it was. In that place, the hands of time have actually been turned back 50 years, and things are the way they were.

But fair-going and fun are just part of life in the South. You'll also want to watch Southerners at work. Three enlightening ways to do it are to tour the tobacco country in South Carolina or Georgia; check out the peanut country of southeastern Alabama; and visit the fishing villages along either the Atlantic Coast or the Gulf of Mexico. A drive from Lake City, South Carolina, to Timmonsville, for instance, will take you past miles and miles of tobacco fields, which are harvested in early and late summer. During those times you'll see laborers hauling the big, still-green leaves to drying barns along the roadsides, where others bind them by the stems into clumps to hang until they're golden and ready to be packed off to auction. You're welcome to visit any of the many sprawling, pungent tobacco auction barns—in Lake City, Darlington, Timmonsville, Kingstree, Conway, and other towns in the general triangle—where the amber leaves are lined up in burlap-wrapped bundles of up to 300 pounds. Government men and buyers for tobacco companies parade quickly up and down the narrow aisles between the stacks, while the

...tioneer chants a mile a minute in what sounds like gibberish to the uninitiated. But the buyers know the language and bid with discreet gestures—the wiggle of a finger, the wink of an eye, or the flick of an ear. Among the tobacco warehouses you might visit in Georgia are those in Alma, Blackshear, Douglas, Pearson, and Waycross.

Another major agrarian product of the South is peanuts. Dothan, in the wire grass country in southeast Alabama, is the center of peanut growing, which long ago replaced cotton as the big money crop of the area. Thousands of acres of goobers are harvested in the fall, and that calls for a week-long peanut festival in Dothan. Visitors join easily with locals and peanut farmers in an old-fashioned celebration. Country fair traditions are happily observed: livestock shows, talent shows, street dances, band concerts, a fiddlers' contest, country music, greased pig and calf scrambles, and a parade. But the main attraction is the peanut. You'll find out more about how peanuts are grown and processed than you ever thought you wanted to know. If you've never eaten boiled peanuts before, you'll have ample opportunity to do so—the approved technique is to nibble them right from the soggy shells. The festival's peanut recipe contest will introduce you to hundreds of ways to use peanuts in cooking.

But you'll also want to visit the more romantic fishing villages where many of the traditions—particularly that of the blessing of the fleet—can be traced back to European ancestors. In Bayou La Batre, for instance, a French-flavored, live-oak-shaded village tucked away on the Gulf in the western corner of Alabama, the annual Blessing of the Fleet is held on the last Sunday in July. It's truly a major occasion for the town, which, with a sizable fleet of boats and several large modern seafood processing and packaging operations, bills itself as the Seafood Capital of Alabama. The event is celebrated by a come one, come all town party, highlighted by seafood feasts, floods of visitors, and rides on the colorfully decorated fishing boats that chug up and down the blossom-strewn bayou.

In Biloxi, Mississippi, a resort center from way back when, the Blessing of the Shrimp Fleet takes place the first weekend in June. Events include a carnival with costumed king and queen, a float parade and street dancing, and a seafood jamboree. Hundreds of gaily festooned boats are blessed individually as they come up the channel to St. Michael's Church, known as the Fisherman's Church. St. Michael's is well worth visiting anytime. It's a stunning, modern (the original having been destroyed by Hurricane Camille in 1969), circular building, wrapped in a dramatic stained-glass mural depicting the tools of the fisherman. The domed ceiling is composed of seashells.

If you drive out to Biloxi's Back Bay, you can watch boats unload their catches, and then tour the Gallott's packaging plants. Inside, amidst steaming cauldrons and a strong odor of fish, women in white clean the shrimp and pick the crab meat out of the shells with flying gloved fingers, men skillfully split crusty oysters, and young boys in rubber boots deftly fillet fish. It is intriguing to watch, and you may pick up some salty wisdom from the fishermen, such as the maxims these hardworking people live by: "respect the friction" (the hoist machinery, which can rip off a careless arm in a second) and "never curse the wind."



To see an unusual family doing some unusual work, you'll want to visit the four-generation-old Gautier plantation home. The single-story antebellum house in Gautier, Mississippi (just west of Pascagoula), lives up to romantic notions about what an authentic lived-in plantation home should look like. It has the requisite wide verandas and slender white columns on all sides. But it's not a stage set. It's home for Mr. and Mrs. John Gautier and their eight children. To support themselves and finance the upkeep of the plantation, the Gautiers chose to open the house to the public seven days a week. (In addition, John Gautier captains a 150-passenger stern-wheeler that takes visitors for cruises on the Pascagoula River.) By ten o'clock in the morning the house is ready for the first visitors, with beds made and all vestiges of the 20th century, like ten-speed bikes and television sets, whisked from view. Mrs. Gautier, an attractive, vivacious woman so perfect for the role you might think she came straight from central casting, is dressed in a billowing antebellum gown. Kids and family pets often trail her as she welcomes visitors and shows them through the sprawling home, chattering a mile a minute about the furnishings and the family history.

Although "Bible Belt" is a synonym for the Old South, the term seems too flippant to describe the enormous importance of religion in the South. To many Southern families, their church is the very center of their lives—in addition to being the place they gather to worship and pray, it is the core around which the family's cultural, social, and recreational activities revolve. You will see countless churches in the South of all denominations and of all degrees of age and grandness. Usually there is a welcome sign inviting strangers to join in services. No matter what your religious beliefs, accept the invitation. You'll find the services contagiously enthusiastic and the music superb, prepared and practiced to perfection in even the smallest of churches. And as a visitor, you're likely to receive a specially warm greeting from the pastor.

Georgia's storied Golden Isles have long been prestigious places of resort for well-to-do Southern inlanders. Nowadays, the islands are much more readily available to all, and there are plenty of places to stay at reasonable rates. However, for a touch of yesteryear's leisurely elegance, a visit to The Cloister Hotel, nestled discreetly on Sea Island, can't be beat. As expensive as it is classy, The Cloister has been a favorite Southern family resort since it was built in 1928, and today it also attracts a goodly number of discerning Yankees. Guests spend halcyon days strolling the five-mile beach, playing tennis, biking, horseback riding, boating, and golfing. And you wouldn't know blue jeans had ever been invented. All youngsters above toddling age join their parents for the spiffy, formal nightly dinners. Before dinner, a string trio provides soft music and, observing a time-honored Cloister tradition, proud fathers, with great solemn fun, waltz with their little daughters. After-dinner entertainment may be anything from a harp concert to bingo for pretty hefty stakes.

While you're teeing off on The Cloister's three connecting nine-hole golf courses on adjacent St. Simons Island, you can't help but be conscious that you're surrounded by history. The courses are located on the site of the antebellum Retreat Plantation. Fairways roll out where once there were fields of sea island cotton, around the Retreat burying ground where slaves were laid to rest, past the tabby ruins of a slave hospital and the plantation home, along a sweeping avenue bracketed by massive live oaks, past silent tidal marshes and out to great vistas of the ocean.

In the nearby village of St. Simons, a charming oak-shaded town with chic shops and a popular fishing pier, the classic lighthouse and keeper's house now shelter a coastal museum.

Some of the most acclaimed competition horses have come from the South, where riding and racing traditionally rank high as diversions. Ruffian, the ill-fated super-star filly, for instance, was trained at lovely, leafy Camden, oldest inland town in South Carolina and one of the finest thoroughbred racehorse centers in the country. Highlights of the year in Camden are the exciting Carolina Cup in late March, raced since 1930, and the Colonial International Steeplechase (the nation's richest) in mid-November. Fox hunts are held twice a week from Thanksgiving until April. Knowledgeable visitors are welcome to call the master of the hunt and make arrangements to participate.

The horse industry is now the third largest business in Camden—racehorses from all over winter there. And you'll notice that purely recreational equestrian traffic is heavy along the hilly, wide old streets. Excellent riding schools and rental horses are available. You'll want to ramble around town to see the many elegant antebellum homes and soak up the 19th-century atmosphere, and riding is a splendid way to do this.

Just south of the city proper is historic Camden, a carefully researched and executed restoration of town buildings and military structures as they were during the Revolutionary period. (Camden, key to the Southern campaign of the Revolution, fell to British General Lord Cornwallis in 1780, and was occupied for nearly a year.)




One of the hard-dying myths about the South is that its cuisine begins and ends with fried chicken. The truth is that eating is one of the really great pleasures of the South, no matter where you go, and the variety is enormous. Yield to temptation and try everything from the ever-present barbecued ribs, which are almost always good and always different, to the vast quantities of fresh vegetables. You can also anticipate the scrumptious, buttery Carolina coastal "low country" dishes; down-home favorites like chicken and dumplings, hush puppies, country cured ham, baked okra, grits, sweet potato soufflé, hot biscuits, puddings, and pecan pie; and spicy Creole specialties. Near the coastal cities seafood is abundant and good, and inland you can feast on catfish. The ultimate restaurant town has to be New Orleans (where French cooking is a delicious added dimension), with Atlanta running a close second. But Charleston and Savannah, even though much smaller cities, also have their share of outstanding dining spots. In smaller towns and in the country, restaurant signs that proclaim "home cooking" or "good food" are pretty reliable signals that good dining awaits you inside, however unpretentious the setting. In the South, more consistently than in any other area, a restaurant's fanciness or lack thereof has little bearing on the quality of the cuisine.

The modernization of the South was largely linked with the 1930s thrust of the TVA (Tennessee Valley Authority) to harness waterways and create electrical power for homes and industries. By building dams, the TVA also created several lakes perfect for recreational purposes. In northern Alabama you can get the full picture—dams, power plant, and two long lakes where once there were the unnavigable rapids of the Tennessee River. Through the years boat ramps, swimming facilities, picnic spots, playgrounds, and places to stay have mushroomed around the Wheeler and Wilson Lakes, but most impressive is the Joe Wheeler State Park at the foot of the Wheeler Dam. At Florence, you can drive over the sweeping, hulking Wilson Dam. The enormous Wilson Hydro Plant at the south side of the dam welcomes visitors, as do the TVA Greenhouses, which are also in the park-like complex.

The "Father of the Blues" and composer of "St. Louis Blues" and "Beal Street Blues," W. C. Handy, was born and raised in Florence, where his log cabin home has been restored and is now a museum. While Handy was in a class by himself, Florence, along with other nearby northern Alabama towns—Tuscumbia, Sheffield, Muscle Shoals, and Huntsville—has produced a number of good musicians. In fact, the area today has evolved into one of the most important centers of first-rate recording studios, thanks to a wealth of first-rate studio musicians. There are eight studios in all—half of them in Muscle Shoals and the rest in Sheffield. The area trails Los Angeles, New York, and Nashville in the number of studios, but on a per-studio basis, Alabama cuts more hits.

In search of the sound unique to the Sheffield/Muscle Shoals studios, such performers as Paul Simon, Rod Stewart, Tom Jones, Andy Williams, and Bobby Gentry often pilgrimage there to cut their records. The studios aren't very large, nor are they organized to conduct group tours, but they do welcome interested visitors between 9 a.m. and 11 a.m., except when special projects are under way. You can write to the Muscle Shoals Music Association (P.O. Box 2009, Muscle Shoals, Alabama 35660) for information.

Transcending the 20th century and striking out for the future, the Alabama Space and Rocket Center in Huntsville is the antithesis of antebellum. The largest space and missile exhibit in the world, the Center calls itself a "hands on" place. Displays of space equipment are designed for touching and/or experiencing as much as for viewing. You fire a real, albeit innocuous, rocket, see your pulse projected on a scope, ride in a gyro chair, take the controls of a lunar-landing simulator, and, outdoors in the Rocket Park, bob up and down in a zero-gravity bubble. Just about all of the country's major space machines are on display, either inside or out in the Park. The most astounding sight is the football-field-long Saturn V lying on the ground, split into its three stages.

The Space Center is a popular showcase for the NASA Marshall Space Flight Center, research facility for peaceful exploration of space, and the U.S. Army Missile Command, whose joint research facilities and personnel dominate the face of Huntsville. A bus tour through the NASA research park goes past testing towers and static firing grounds, with stops for visits to the Skylab; a mock-up of the space shuttle scheduled for a first mission in 1980; and the huge neutral bouyancy-simulator underwater training tank in which Skylab astronauts train. Huntsville itself dates back to 1805, and you'll still see some stately houses of that time, but most buildings are post-1950 and the focus is very much on the future.

Not a single solitary peach tree grows along Atlanta's Peachtree Street. Instead, you'll find resplendent skyscrapers, towering plush hotels, stylish stores displaying the latest and best from international designers, office complexes bridged by skywalks, and, beneath it all, warrens of chic shops and nifty restaurants. There's not a doubt that this sprightly city is Capital of the New South, and, as symbolized in the city seal, a veritable phoenix rising from the ashes. Union troops burned the old city to the ground 112 years ago, but today Atlanta is a cosmopolitan city of 1.6 million. And for the last ten years, Atlanta has been on a building binge that has completely reshaped the downtown section with zingy architecture. The result is one of the most exciting urban centers of America. Its smorgasbord of choice attractions includes sports (the Braves and the Falcons at home at Atlanta Stadium); theater, music, dance, and art (see the Atlanta Memorial Arts Center for all of the visual and performing arts, including the Atlanta Symphony, Opera Company, Ballet Company, Repertory Theater Company, and Museum of Art); shopping; dining; and history (visit Cyclorama, a three-dimensional painting, 50 by 500 feet, re-creating the Battle of Atlanta with narration and sound effects).

Half a dozen new high-rise hotels have popped up in Atlanta, but the newest of the new (for this month anyway) is the top-dollar heart-of-downtown Omni International Hotel in the ultramodern, enclosed,

**Suggested tours on following page; text continued on page 133.**




The three itineraries suggested here —a red tour for one week, white tour for two weeks, and blue tour for three weeks—have been designed to give you as broad a sampling of the many facets of the South as possible within the time limitations.

Each of the three tours is exceedingly ambitious and will keep you hopping. We've included mileage figures so you'll be aware of the distances involved. You might want to delete some recommendations to minimize driving and allow more time for poking around the places that interest you most. Or you may make substitutions—the places and attractions we've had to omit to fit the time allotments are legion. Don't hesitate to get off onto country byways if the mood strikes. Even secondary roads in the Southern states are, for the most part, in fine shape and uncrowded.

## RED TOUR—7 DAYS

**Day 1. Charleston, South Carolina**—Extensive restoration has brightened the face of this cultured, prosperous seaport city that was occupied for two years by British troops during the Revolutionary War. Refurbished town houses and elegant mansions front narrow cobblestone streets. A half-hour north of Charleston is Boone Hall Plantation, which is fronted by an extraordinary three-quarter-mile avenue of moss-draped live oaks. Look for Gullah-speaking basket weavers' stands alongside US-17 between Charleston and Boone Hall. Another nearby treat for the eyes is Middleton Place (gardens, home, and stable yard), oldest landscaped gardens in the U.S. For information on lodging, events, and attractions, contact the Charleston Trident Chamber of Commerce, Box 975, Charleston, South Carolina 29402.

Distance to Savannah, via US-17, I-95: 109 miles.

**Day 2. Savannah, Georgia**—This lively city boasts a multitude of restored Colonial, Greek Revival, and Regency architectural marvels. The ballast-stone-paved waterfront area, which had fallen into disuse, has been salvaged and now houses shops and restaurants where bales of cotton once were stored. Information: Savannah Chamber of Commerce Visitors Center, Box 530, Savannah, Georgia 31402.

Distance to St. Simons Island, via I-16, -95, US-17: 79 miles.

**Day 3. St. Simons Island, Georgia**—Play a round of golf on former plantation grounds; see Fort Frederica National Monument. Jekyll Island, once the playground of millionaires, is now open to all (wild turkeys have the right of way); white sandy beaches, state park. You can ride through St. Marys, an old fishing village, on the original Toonerville Trolley; visit Cumberland Island, a wildlife sanctuary. (Distance St. Simons to St. Marys, via US-17, I-95, Georgia-40, is 50 miles. St. Marys to Waycross, via Georgia-40, US-23, is also 50 miles.) Waycross, deep in the tobacco country, is just above the main entry point for the mystical 700-square-mile Okefenokee Swamp. Information: The Tourist Division, Georgia Bureau of Industry and Trade, P.O. Box 38097, Atlanta, Georgia 30334.

Distance to Eufaula, via US-82: 184 miles.

**Day 4. Eufaula, Alabama**—A well-preserved old Southern town, Eufaula is showing signs of new vitality thanks to the creation of the Walter F. George Lake. On to Montgomery, US-82 runs through magnificent pastoral scenery and zigzags through Union Springs, another preserved community. In Montgomery, see the Alabama State Capitol, the Shaw complex restoration, and the First White House of the Confederacy. Just south of Mobile (distance Eufaula to Mobile, via US-82, I-65, US-31: 262 miles) is the Bellingrath Gardens and Home. Information: Alabama Travel Department, 403 Highway Building, Montgomery, Alabama 36130.

Distance Mobile to New Orleans, via I-10, US-90: 154 miles.

**Day 5. New Orleans, Louisiana**—Romantic, boisterous, very French, the quaint queen city of the South is the place for foot-stomping jazz, fantastic restaurants, bizarre people-watching, and much history. Information: New Orleans Tourist and Convention Commission, 334 Royal Street, New Orleans, Louisiana 70130.

Distance to Natchez, via I-10, US-61: 169 miles.

**Day 6. Natchez, Mississippi**—The antebellum South truly lives on here. From the little town park, complete with bandstand, atop a bluff over the Mississippi River to the streets graced by Greek Revival mansions and gorgeous gardens, this town is unique. Information: Natchez Chamber of Commerce, 300 North Commerce Street, Natchez, Mississippi 39120.

Distance to Vicksburg, via US-61, Natchez Trace Parkway: 70 miles.

**Day 7. Vicksburg, Mississippi**—The Vicksburg National Military Park covers the whole battleground of the Civil War Siege of Vicksburg. Information: Travel/Tourism Department, Mississippi Agricultural and Industrial Board, P.O. Box 849, Jackson, Mississippi 39205.

## WHITE TOUR—14 DAYS

**Day 1. Dillard, Georgia**—The Dillard House is a fine base for forays into the scenic north-Georgia mountain country. You'll enjoy superb trout fishing, white-water trips on the Chattooga River, and craft shops. Take your choice: Tallulah Falls, near which Karl Wallenda tightroped it across the deep Tallulah gorge; Dahlonega, site of the country's first gold rush, or Blackburn State Park, where you can keep any gold that turns up in your pan; Hiawassee's music and clogging festivals and annual Mountain Fair; Helen, a Bavarian-motif town with shopping, festivals, summer theater.

Distance to Atlanta, via US-23, I-85: 131 miles.

**Days 2 and 3. Atlanta, Georgia**—Capital of the state, Atlanta is also considered Capital of the New South. Nearly flattened by General Sherman's forces in 1864, the city is mostly a cosmopolitan product of the 20th century. Highlights: The Memorial Arts Center, Peachtree Center, the new Omni complex, and Underground Atlanta, a dramatic reclamation of an old section that had been covered over by viaducts and abandoned.

Distance to Huntsville, via US-278, -431: 196 miles.

**Day 4. Huntsville, Florence, Alabama**—This area combines the gleaming space-city attractions of Huntsville with the long-past yesterdays of the village of Athens, and the recreation areas produced by the TVA-constructed Wilson and Wheeler dams.

Distance Florence to Vicksburg, via US-72, -45, Natchez Trace, I-20: 239 miles.

**Day 5. Vicksburg, Mississippi**—En route to Natchez, see the Old Country Store in Lorman—a functioning store-cum-museum of 19th-century country items. Farther along, a sign tells you at the edge of Port Gibson that General Grant spared its houses as "too beautiful to burn." Kudzu, a prolific vine you'll see much of along Southern highways, is particularly abundant north and south of Port Gibson. Pleasing to the eye but considered a nuisance, it climbs over trees, bushes, and poles, turning them into haphazard topiaries. South of town is one of the least traveled and most attractive sections of the Natchez Trace Parkway.

**Day 6. Natchez, Mississippi.**

**Days 7 and 8. New Orleans, Louisiana.**

Distance to Biloxi, via I-10, US-90: 69 miles.

**Day 9. Biloxi, Mississippi, Mobile and Gulf Shores, Alabama**—A resort town since well before the War between the States, Biloxi is the site of Beauvoir, Jefferson Davis' home for his last 12 years. Visit the shrimp boats and seafood processors on the city's Back Bay, and the "Fishermen's church." Perfect picnicking islands are just offshore. (Biloxi to Mobile to Gulf Shores, via US-90, I-10, Alabama-188, -83, US-98, Alabama-59: 125 miles.) Gulf Shores has some gorgeous stretches of beach, along with fishing, water sports, golfing, nature areas, a superb state park, and the modern Gulf State Park Resort.

Distance from Gulf Shores to Eufaula, via Alabama-59, US-90, I-10, US-231, -431: 243 miles.

**Day 10. Eufaula, Alabama.**

**Day 11. Waycross (Okefenokee), Georgia.**

**Day 12. St. Marys, Georgia.**

**Day 13. Jekyll Island, St. Simons Island, Savannah, Georgia.**

**Day 14. Charleston, South Carolina.**

## BLUE TOUR—21 DAYS

**Day 1. Murrells Inlet, South Carolina**—This quaint, historic fishing village (plenty of charter boats available) about ten miles south of Myrtle Beach and all its honky-tonk, has fine seafood restaurants, an allegedly haunted house, Brookgreen Gardens, and spectacular Huntington Beach State Park. For information: South Carolina Department of Parks, Recreation & Tourism, Box 71, Room 8, Columbia, South Carolina 29202.

Distance to Charleston, via US-17: 82 miles.

**Day 2. Charleston, South Carolina.**

Distance to Camden, via I-26, -20: 145 miles.

**Day 3. Camden, South Carolina**—Robert Mills, who designed the Washington Monument, also designed the 1826 courthouse in this classy, horsey, historic town. There are a couple of very old, very romantic cemeteries.

Distance to Clayton, via I-20, -26 US-76: 240 miles.

**Day 4. Clayton, Georgia.**

**Days 5 and 6. Atlanta, Georgia**—Take side trips to Stone Mountain, Callaway Gardens.

**Day 7. Huntsville, Florence, Alabama.**

Distance Florence to Oxford, via US-72, -45, Mississippi-6: 143 miles.

**Day 8. Tupelo, Oxford, Mississippi**—In the hill and lake country, Tupelo has the Natchez Trace Parkway Headquarters, the Tupelo National Battlefield, Tombigbee State Park with good fishing, and, of all things, Elvis Presley's childhood home. In Oxford, city of notable old homes, visit the University of Mississippi campus, and Rowan Oak, William Faulkner's home.

Distance Oxford to Greenwood to Greenville, via Mississippi-6, I-55, US-82: 153 miles.

**Day 9. Greenwood, Greenville, Mississippi**—In Greenwood, a major cotton market, a re-created typical Delta farm of the mid-1880s is to open this October. Just north of Greenville are the Winterville Mounds—17 Indian ceremonial mounds clustered around a plaza—and a fine museum. In Greenville, along the Mississippi, the Leroy Percy Park displays alligators in a natural environment.

Distance to Vicksburg, via Mississippi-1, US-61: 85 miles.

**Day 10. Vicksburg, Mississippi.**

**Day 11. Natchez, Mississippi.**

**Days 12 and 13. New Orleans, Louisiana.**

**Day 14. Biloxi, Ocean Springs, Mississippi.**

**Day 15. Bayou La Batre, Bellingrath Gardens, and Mobile, Alabama**—Bayou La Batre, a fishing village-seafood processing center, has charter boats and invites picnicking under the shade of ancient live oaks along Coden Beach, and soft-shell crabbing and fishing for flounder in Portersville Bay. In Mobile, see bustling modern seaport facilities, then contrast that with a visit to Oakleigh, an antebellum mansion that sits amidst oaks and azaleas. The battleship USS Alabama and submarine USS Drum are anchored in Mobile Bay.

**Day 16. Gulf Shores, Alabama.**

**Day 17. Eufaula, Alabama**—In addition to the antebellum attractions of town and sporting on the lake, you can visit Georgia's Kolomoki Mounds and the Farley Nuclear Plant under construction along the Chattahoochee River.

**Day 18. Waycross (Okefenokee), Georgia.**

**Day 19. St. Marys and Cumberland Island, Georgia.**

**Day 20. Jekyll Island, St. Simons Island, and Sea Island, Georgia.**

**Day 21. Savannah, Georgia.**

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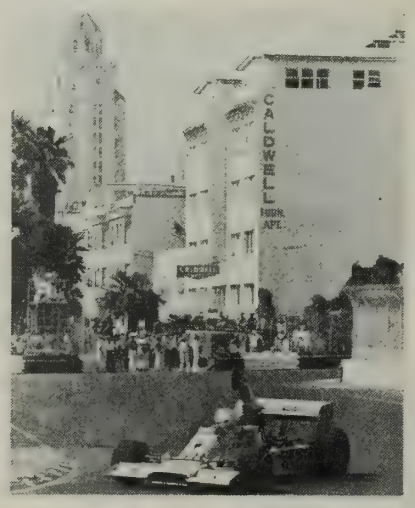
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TRAVEL WEST


**Barbara Humeston,**
**Regional Travel Editor**


An insider's guide to family vacations for readers who live in the Far West

## The Long Beach Grand Prix



*Racing on Long Beach streets*

On March 28th, Long Beach, California, will make yet another —somewhat noisier—attempt to separate itself from the great urban amoeba known as Los Angeles. In the image-building tradition that prompted the permanent mooring of the *Queen Mary* in Long Beach, this ambitious little city (population 365,000) 26 miles south of downtown Los Angeles has scheduled a Formula 1 championship motor race to be run on city streets.

The event is unique on two counts: It makes the United States the only country with two Formula 1 championship races (the U.S. Grand Prix East, held in the fall at Watkins Glen, New York, is the other), and it's the only New World race of any kind to be run on city streets.

### European idea

Long Beach promoter Chris Pook got the idea for the U.S. Grand Prix West from the Grand Prix de Monaco, perhaps the best-known and most glamorous of all European Formula 1 races, and—until now—the only one run through the streets.

Briefly, Formula 1 rules govern engines and bodies of open-wheeled race cars—not unlike those seen each year at Indianapolis—to make their performance capability fairly similar. The cars run on road courses rather than the ovals of traditional United States racing, and the top point scorer each year is recognized as the world driving champion.

Although not as well known in the States as in Europe, Formula 1 racing produces good competition. The cast of characters is likely to be a trifle unfamiliar to Americans, though. Names like Niki Lauda (defending world champion), Emerson Fittipaldi, Jody Scheckter, Jean-Pierre Jarier, Jack Ickx, and Ronnie Peterson are hardly household words, but they're among top drivers in the business. In North American events, Americans like Mario Andretti also usually compete.

### Watching a road race

Watching a road race is different from watching one run on a small oval course, mainly because you can't see the cars all the time. The idea is to keep track of the interval between cars from one lap to the next as they come into view each time. This is true of the two-mile-long Long Beach course, which winds through the downtown area and out to the harbor-side highway (with the *Queen Mary* for a backdrop), before turning inland to complete a loop back downtown.

At conventional road races, spectators can wander around from one vantage point to another, but spectators at Long Beach will find their tickets good for grandstand seats. The higher the ticket price ($12 to $40), the better the seat. The $12 ticket is for an unreserved grandstand seat along the part of the circuit that skirts the harbor. Cars hit speeds of 160 MPH-plus here. The $40 ticket is for a reserved seat along the start/finish straight in downtown and includes a view of the pit area. If you purchase a paddock pass ($7.50), you can wander through the area where cars are kept when they aren't on the track. The paddock is a "must" for photographers.

Admission to Friday and Saturday (March 26 and 27) practice and qualifying sessions is a flat $7.50, which covers both days. There's parking in outlying lots, with trams providing transportation to seating on race day.

Things to bring: a cushion, for a long day in the stands; binoculars; and a stopwatch for timing laps and/or intervals between different cars.

### Other attractions

Besides the race, which takes about two hours, several supporting activities are being planned such as a 10,000-meter run, an Olympic-style bike race over the road race course, motorcycle trick riding, and hang-gliding exhibitions.

Long Beach has many hotels, motels, and restaurants within walking distance of the race course. But because demand is likely to be heavy, reservations are important. For information on accommodations, contact the Long Beach Convention and News Bureau, 555 East Ocean, Long Beach, California 90802. For further information on the race, contact the Long Beach Grand Prix Association, 600 East Ocean, Long Beach 90802.

## Thirty minutes from Disneyland

Almost everyone's heard of Disneyland. Knott's Berry Farm, its neighbor, is almost as well known. But when you finish shaking hands with Donald Duck and take one last splash down the big log flume at Knott's, you've only started to sample Orange County, California's assorted attractions. Within about 30 minutes of Disney's Magic Kingdom, you'll find a half dozen other exciting spots, and you can get to them all on the Town Tour Fun Bus that circles hotels and motels in the Buena Park-Anaheim area.



*An Oz encore at the Wax Museum*

**Movieland Wax Museum and Palace of Living Art** is just a block from Knott's at 771 Beach

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ard, Buena Park. In tra- l Madame Tussaud style, han 200 life-size figures of re displayed here in scenes their most popular films. Pickford, William S. Hart, Garland, Paul Newman, obert Redford are just a om a roster including 35 winners.

ly museum hours are 10 o 9 p.m. in winter (till 11 riday and Saturday) and 9 o 11 p.m. in summer (till ght Friday and Saturday). ssion is $3.95; $1.95 for 4-11; children under four free.

**vie World Cars of the** is also in Buena Park, at ethorpe and Knott Avenue a mile south of the Santa reeway and a block north Riverside Freeway (State- his cavernous, hangar-like ng houses more than 100 e automobiles, most of were once owned by film ities or featured in movies. ng the cars are Jayne Mans- Lincoln, Charlie Chaplin's Royce, Clark Gable's Pack- and the Beatles' Bentley. widely publicized, perhaps, Model A Ford used by en Beatty and Faye Duna- or the escapades in *Bonnie Clyde*. You'll also see Presi- Eisenhower's old Buick here. ovie World is open daily 10 to 10 p.m. Adults $2.75; 5-12 pay $1.25; those under et in free.

**lifornia Alligator Farm** on alma Avenue, Buena Park ss from Knott's Berry ), houses more than 1,000 es, including alligators, diles, snakes, and even a tortoise. Though there are tors measuring 11 feet long, arm's prize specimen is a ot Nile crocodile weighing 1,400 pounds. The Alligator puts on two shows (one tor performance and one e show) on winter weekends; are two shows daily during ummer.

e Farm's winter hours are a.m. to 5 p.m. Monday-Sat- y (till 6 p.m. Sunday); sum- 10:30 a.m. to 9 p.m. Admis- is $2.50; $1 for ages 5-14.



*afari by car in Lion Country*

**t Lion Country Safari,** 15 s south of Disneyland off the San Digeo Freeway, exotic Africa comes to life. Only here, it's visitors who are caged while rhinos, lions, and elephants roam free around cars driving through a re-created African veldt.

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The Safari opens daily at 9 a.m. Tickets are $4.95; $2.95 for ages 3-11; under three, free. One price covers admission to all the preserve's attractions.

**Mission San Juan Capistrano,** south of Newport Beach via State-1 and the San Diego Expressway, captures Southern California's Spanish flavor. The name probably sounds familiar, because it's here the famed "Swallows of Capistrano" return like clockwork each March. The 200-year-old mission also is known for its artifacts, including the golden altar where Father Junipero Serra, founder of California's 21 missions, said mass.

The Mission is open daily 7 a.m. to 5 p.m. Admission is 50 cents per person.

**Escape Country,** for those who like a little more excitement, is a new multipurpose recreation development south of Disneyland, 13 miles off the San Diego Freeway at El Torro Road. Hang-gliding exhibitions are always going on here, and there are motor-cross trails for bikes.

Open daily, admission to Escape Country is $2 on weekends and $1 on weekdays.

You'll also find two other worthwhile museums in the area. **The Muckenthaler Cultural Center,** 1201 West Malvern in Fullerton, shows off works of local artists in an elegant red-roofed, Mediterranean - style home. **The Artisans Guild** is operated by a cooperative of 150 local artists and artisans. Guild members display their arts and crafts in an old rejuvenated supermarket, 9858 Garden Grove Boulevard in Garden Grove, just off the Magnolia Street off-ramp of the Garden Grove Freeway (State-22).



*Art awaits at The Muckenthaler*

An all-day pass on the Town Tour Fun Bus shuttle service that stops at all these attractions, plus Disneyland and Knott's Berry Farm, is $3.50 for adults; $2.50 for children 5-12.

For more information about Orange County attractions, write the Southern California Visitors Council, 705 West Seventh Street, Los Angeles, California 90017; phone 213/628-3101. ■


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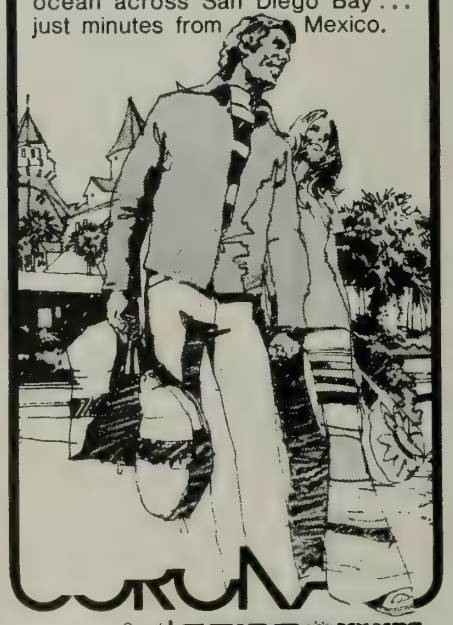
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## Look alive when you drive

You wouldn't continue to drive when you're obviously falling asleep at the wheel. But falling asleep isn't obvious. The euphoria that comes in early sleepiness deludes you—until your eyes close, the car swerves, and you come to a final rest.

Drowsiness can overtake you at any time while driving, though it's most likely to occur at night on the monotonous free-

ways. A University of Michi study shows that an aver driver, well rested and in g health, develops symptoms fatigue in as little as a half h of highway driving.

Luckily, before euphoria o comes you, there is a series other symptoms that warn the impending danger.

### Know your symptoms

Often the first danger signa irritability. The action of other driver momentarily rages you. You snap at the c dren. You chafe at missin light. This is the time to s looking for a motel.

The second stage is more p nicious. Your mind wand from the road ahead. You ba too fast into a curve beca you missed seeing the warn sign. Check that car in the r ror. Is that the same blue se that has been following you miles, or another that you di see turning out of a side ro

The last, and most extre symptom is hallucinating. overhanging branch looms front of you and on sec glance it is gone. The object "see" is actually a dream. Yo lucky to still be alive.

If you experience any of t symptoms, stop for the ni No vacation reservation or b ness appointment is worth risk of continuing on the r A short rest stop for a light m will temporarily revive you, the only solution is sleep.

### Emergency procedures

There are times when you m have to continue despite re nizable fatigue. Keep the r on and change stations frequ ly. Coffee or tea are not m cally stimulating enough to much good, but the time s drinking these beverages h

Non-prescription pep pills not help, while prescription pers" can have serious side fects. Skip the pills and ch fresh air. To do this, open dows to the point where the air makes you slightly unc fortable. If you have a passer ask him to keep talking, w ever the subject. Sing, c gum, or munch on candy.

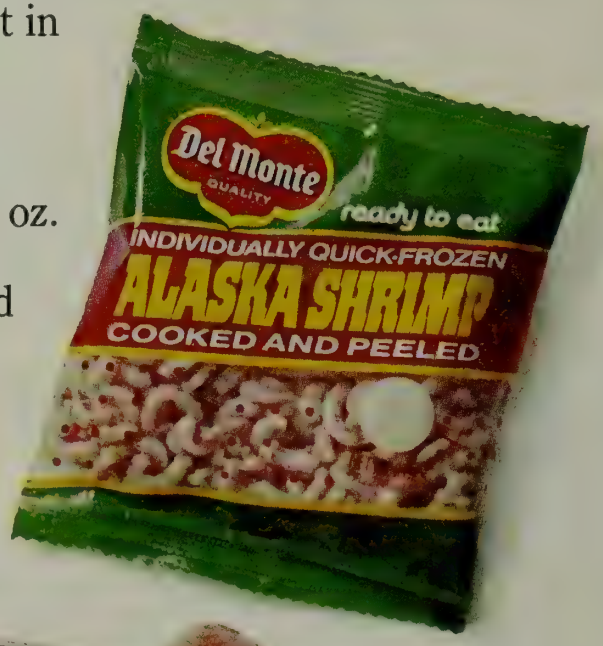
A new device also may you stay awake. Called OWL, it is a miniature comp which measures your ty steering wheel movement during normal driving. W fatigue sets in, your steering change dramatically, and OWL will hoot and flash l at you as a warning.

Marketed by Life Techno of Concord, California, OWL is becoming popular truck fleets. Its one draw for passenger car owners i $314.50 price tag. ■


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From Alaska's icy waters comes a fantastic shrimp — tiny, pink, sweet and tender. Now Del Monte quick-freezes these little rascals individually — no block to thaw, no shells or waste. Use only what you need — in salads, omelettes, hors d'oeuvres, or shrimp cocktails — and keep the unused portion frozen right in the bag.




Spicy Shrimp Spread: Combine one 8 oz. package of cream cheese, 2 Tbsp. chopped onion, 2 Tbsp. sour cream, 1 Tbsp. creamed horseradish, ¼ tsp. salt, dash of pepper. Stir in 1 pkg. (8 oz., thawed) DEL MONTE Frozen Alaska Shrimp. Spoon into shallow oven-proof baking dish and bake 20 minutes at 375°F. Great hot or cold, as a spread, a dip, or even a stuffing for tomatoes! Versatile!



tiny

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# Practical kitchen details

Photographs: Dieter. Designers: Ferris Cordner, Ron Sorenson. Source: Barbara Gorder



Strategically placed light fixtures are essential in a well-planned kitchen. But because they're so basic, it's easy to think of them as strictly functional and overlook their decorative potential.

In this kitchen, an ingenious strip of soffit shows the advantage of combining service and style. Clip-on lamps along recessed mounted tracks direct light wherever it's needed, while the entire assembly adds architectural interest to the room. It's no job to alter direction of light; lamps swivel both horizontally and vertically depending on where you want to direct them.



Every inch counts—especially in a kitchen—so look around for pockets of space you may be wasting. They don't have to be wide to be useful. This pullout cabinet fits into just eight inches of space, yet it offers double-deck housing for bottled supplies. Tray-like shelves adjust to suit heights of stored items. Heavy-duty tracks support the cabinet firmly when it is extended.



If an obtrusive trash bag mars your kitchen, solve the problem with an easy-to-build waste bin holder. Under the sink is the ideal location.

This roll-out supporting box is 22¾ inches deep, 18 inches wide, ten inches high; it's scaled to corral two standard-size plastic containers in the cutout top. Cutouts hold the plastic baskets firmly and prevent messy spills.


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Bahia® Coffee Liqueur, 53 Proof, ©1975, Heublein, Inc., Hartford, Conn.

# HOW SMALL CAN A GARDEN BE

If you'd like to have an indoor garden—don't let lack of space stop you! These miniature houseplants fit beautifully into a few square inches of surface space. You can now choose among the miniature forms of old favorites (geraniums or African violets) or plants that are just naturally little. Most miniatures need strong light, but you can move them from a bright window for temporary display anywhere.



Windowsills are ideal spots for miniature plants. If sun is too strong, a sheer curtain drawn between the plants and the glass will soften the light. Here, from left are *Collinia elegans* (dwarf palm), geranium Alpha, *Mammillaria zeilmanniana* 'Rose Pincushion,' and double dwarf pomegranate.



Although quite narrow, the top of a spinet piano will hold a cheerful assortment of miniature plants. Be sure to have pots in saucers to protect the piano's finish. Plants, from left, are *Calathea micans, Peperomia metallica, Aglaonema pictum,* and African violet Miniature Lucky Locket.



In the bedroom, miniature plants add a dainty touch. Matched china petal cups unite the grouping. From left in foreground are *Cryptanthus bivittatus* and *Adiantum hispidulum* (dwarf maidenhair fern); on the shelf from left are phalaenopsis Pink Minuet and *Cyanotis kewensis* (brown teddy bear).



# Cheeseburger Secret.

## See those little green chiles peeking out of the cheeseburger?

That's our secret. Fresh, flavorful Ortega® Green Chiles. They've always been part of sensational Mexican dishes. But wait 'til you taste them in the good old American cheeseburger!

When green chiles and melted cheese get together something delicious happens. And your family will love it. So next time you make a cheeseburger, plain 'burger or fix a frank, add a secret ingredient—tangy, Ortega Green Chiles.

GREEN CHILE CHEESEBURGER

1 lb. ground beef
4 slices American cheese
4 hamburger buns
1 can (4 oz.) Ortega Whole Green Chiles

Shape beef into four patties. Cut chiles lengthwise and open flat. Broil or grill patties to your taste. Top each patty with a chile and cheese slice. Return to broiler or grill to melt cheese. Serve on buns.

*Or*...use 1 can (4 oz.) Ortega Diced Green Chiles and spoon over grilled patty; continue as above.

Serves 4.




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# ENJOY TWO WEEKS IN GREECE

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Better Homes and Gardens recently conducted a survey among knowledgeable travelers who have taken trips with us during the past two years. This 2-week tour to Greece was selected as one of the most popular from a variety of offerings described in the survey.

You will be captivated by Greece—the weather is fine, the people are delightful, the food is deliciously different and the sights you will see are like nothing else in this world. Athens, a fascinating combination of the ancient and the new, is a city with a very special charm—fine hotels and restaurants, beautiful parks and modern transportation (even a subway). When you catch your first glimpse of the Parthenon, situated high on the Acropolis overlooking the city, and framed against the blue Greek sky, you will experience one of the most memorable travel pleasures anywhere. That is a fitting introduction to the unforgettable things you will see and do as you explore the glories of the past and the delights of the present. Don't miss this extraordinary opportunity to come with us to Greece.

### Here is What is Included:

Round trip charter flight from San Francisco to Athens.
First class hotels (double occupancy) with private bath. You are pre-registered to avoid delays and inconvenience.
Continental Breakfast and Dinner every day.
½ Day sightseeing in Athens.
3 Day tour of the Peloponnesian Peninsula and Delphi, including lunches.
Full day excursion to Cape Sounion.
All transfers, baggage handling and tips to porters.
Full time Tour Director.

### You Get More For Your Money

If you are an experienced traveler, then you understand how much it would cost to go to Greece "on your own." The round trip economy air fare to Athens alone would be more than the total cost of this entire tour. By participating with other travel organizations on the charter arrangements, we can bring you this superb trip at a very economical price. You benefit from the convenience and cost advantages we can provide and will get the very best value and service from your travel investment.

### Travel in Comfort and Confidence

This is a destination which would be very difficult and costly to cover on an individual basis. But on our tour, you will have the security of knowing that everything will be taken care of for you by professionals who really care about you. You will not have the feeling of being regimented because there is plenty of time for you to spend pursuing your own special interests, and there are excellent optional sightseeing tours you can also take if you prefer.

Your experienced tour director will see that everything goes smoothly and will be with you all the time to assist you to be sure that your trip is everything you want it to be.

### Here Are the Places You Visit

When you arrive, you will have eight days to enjoy Athens. On your sightseeing tour, you will visit many great sights, the most important being the Acropolis, dominated by the classically beautiful Parthenon. Then you have the rest of the time in Athens for your own special activities. Browse through the market and boutiques of the old Plaka district (return at night for foot-tapping bouzouki music and dancing in the Tavernas), stroll among elegant shopping streets, spend hours in the Archaeological Museum, relax at a cafe in Constitution Square, the heart of the throbbing city.

Then it's time to start out on your three day Classical Tour of the Peloponnesian Peninsula and Delphi! You'll drive to Epidaurus to see the best preserved and most famous theater of ancient Greece (where a stage whisper carries easily to the top seats of the amphitheater). Overnight accommodations are in lovely Nauplia. Next morning the route leads to Mycenae, a jumble of ruins where you will see the Lion Gate and excavations from the time of King Agamemnon. Your trip continues to Patras where you board a ferry which takes you across the Gulf of Corinth. Then you proceed up Mount Parnassus to incredible Delphi. After an overnight stay in Delphi, there's the morning to explore the sacred city which was founded by the Sun God Apollo and was the seat of the Delphic Oracle. You'll see the ruins of ancient temples, the theater and museum containing the magnificent Bronze Charioteer and other treasures. After seeing so many overwhelming places, it's now time for a relaxing interlude. You motor down to the port of Pireaus and arrive at your resort hotel on the Apollo Coast on the shores of the Aegean. You will stay there four days to soak up the sun, swim and explore. The highlight will be a day's excursion to Cape Sounion, sight of the Temple of Poisedon, overlooking the sparkling Aegean Sea.

Finally, it's time to return back home after two unforgettable weeks of the magic of Greece!

### Optional 4-day Aegean Cruise

One of the really nice things about this tour is that you can purchase an optional 4-day cruise if you would prefer this to the tour to the Peloponnesian Peninsula and Delphi. After five days in Athens, you embark from Pireaus on one of the fine Epirotiki ships, visit the delightful Greek Islands of Mykonos, Santorini, Crete, Rhodes and Patmos, as well as Ephesus in Turkey. On shipboard you will enjoy full meal service with excellent cuisine and optional port-of-call sightseeing. The prices for the cruise start at $150 per person (double occupancy) for an inside room with two lower beds. At the end of the cruise, you enjoy a relaxing 5 days in the resort hotel on the Apollo Coast where you will be joined by the rest of the tour group.

### Reserve Without Risk

Take the first step now to an unforgettable vacation in Greece. We only have limited reservations because of the popularity of this destination during such ideal travel months, so space will fill up fast. To assure your place, it is important that you complete the coupon and send a $100 per person refundable deposit right away. Should you wish to cancel for any reason, we will send you a full refund, no questions asked, provided you notify us 45 days before departure date. When completing the coupon, please indicate whether or not you are interested in taking the optional 4-day cruise. If you have any questions, please contact us and a member of our staff of travel experts will be happy to provide you with further information and help.

### Convenient Departure Dates

Here are the departure dates and prices from San Francisco (Oakland). Please be sure to specify the date you prefer when completing the coupon.

**May 31 — $889** **July 19 — $915**
**June 21 — $915** **September 13 — $915**
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*Prices subject to change.*
*Better Homes and Gardens Tour Service acts as agent for W.T.I. Group Tours on this program.*

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**Better Homes and Gardens Tour Service**
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Please reserve _____ places on your 16-day tour to Greece for _____ (Specify Date) departure. I will be departing from _____ (Departure City). Enclosed is my check in the amount of $_____ to cover a deposit of $100 for each person in my party. I understand I may cancel my reservation for any reason and you will return my deposit in full provided I notify you 45 days before departure date. The remaining payment will be due 45 days prior to departure.

____ I am also interested in reserving places for the optional 4-day Aegean Cruise which I understand is available at additional cost. Please send me full details and prices on stateroom accommodations.

____ Sorry, I can't join the tour to Greece, but please send me information on other Better Homes and Gardens tours.

Name_____

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BRO3

tinued from page 131

# The Old South

## America Rediscovered Part 2

-acre Omni International gastructure. In addition to ops, restaurants, theaters, of-es, and ice-skating rink, the nni also boasts the world's gest escalator. The latter leads the top of the just-debuting, ht-story World of Sid & Marty fft, a mind-boggling family tertainment fantasy. Live enter-nment is combined with imag-tive adventures like a crystal rousel and a giant pinball ma-ine ride, and, of course, lots of whimsical Krofft puppets. xt door is the Omni arena, me of the Atlanta Hawks basket-ll and the Flames hockey teams. Also in the downtown area is e Points, the intersection of e of Atlanta's major streets, ere skytowers sentinel the art of the financial district. In amatic contrast only three cks away is Underground lanta. Many years ago this old ction of the city was covered er by viaducts and abandoned. w streets were built atop. Now scued from grime, decay, and relicts, Underground Atlanta a gaslit maze of cobblestone leyways and streets. Lower lev-s of stone buildings, rebuilt m the rubble of the 1864 rning, have been converted to lleries, boutiques, craft and welry stores, restaurants, and scotheques. A marvelous music useum displays all sorts of an-que coin-operated mechanical struments from a Dutch calliope an animal band.

Not far from the downtown sh and razzle-dazzle is "Sweet" uburn Avenue, primarily a reet of black-owned businesses. 's also the address of the Ebene-er Baptist Church, whose former astor, the famous civil rights ader, Dr. Martin Luther King, ., is buried in the churchyard. is grave is surrounded by a sim-le white picket fence, and the ords leap from the tombstone—Free at last, free at last. Thank od Almighty, I'm free at last." ing's birthplace and home is a lock farther on Auburn Avenue.

To the east of Atlanta is ex-aordinary Stone Mountain Park, 3,200-acre theme park focused n Stone Mountain, the world's argest exposed granite peak. hree figures on horseback are arved on the peak—those of onfederate President Jefferson avis, General Lee, and General tonewall Jackson. A cable car oes to the top, or you can walk p if you're game. At the base of he memorial carving are muse-ums, an antebellum plantation house and outbuildings, amusement rides, and facilities for golf, swimming, and camping.

Evidence of the 20th century is not always as obvious as towering architecture, busy streets, and belching smokestacks. Take Eufaula, Alabama, for instance. At first glance, this antebellum town of about 10,000 people and more than its share of handsome neoclassic homes looks like a hold-over from history. But that is only an illusion. It's true that citizens of Eufaula have deliberately preserved the antebellum ambience, even in the architecture of new buildings. However, about 15 years ago, an enormous lake was created by the construction of the Walter F. George Dam on the Chattahoochee River that flows between Alabama and Georgia. (Agreement on the lake's name has yet to be reached—to Alabamians it's Lake Eufaula; to people from Georgia it's Lake Chattahoochee; and to the federal powers it's Walter F. George Lake.) It wasn't long before Eufaula started noticing a sizable influx of tourist dollars from caravans of visitors who came to enjoy water sports and the town. Things picked up quickly, and now there are international boat races, bass fishing contests, and sailing regattas that attract hundreds of participants and spectators. A resort complex is under construction at a new 1,200-acre state park.

It used to be that most of Eufaula's young people left town as soon as they were able, to seek the brighter futures they couldn't find at home. Now, with the increased wealth and job opportunities in Eufaula, the trend is reversed and young professionals are returning home to work and raise their families. Many of them are restoring old houses so they can have the best of both worlds —yesterday and today. In its quiet way, Eufaula perfectly exemplifies the Old South and the New South blended for a good life and a good visit.

**For the first of our year-long, Bicentennial family travel series, which looks at the special regional qualities of America and Americans, see "America Rediscovered Part I: The Great Southwest" in the January, 1976 issue. Part 3, "The Forge of Freedom," covering the Middle Atlantic states, will be published in the May issue.** ■


# Arthritis sufferers: are you cheating yourselves?

**Four out of five arthritis victims get less medication with every tablet.**

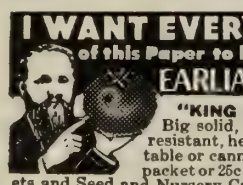
You probably have arthritis or you wouldn't be reading this. And if you do, you want all the pain reliever you can get. But if you are not using Anacin®, the chances are four out of five you can get more help with every tablet than you are getting now. Anacin gives you twenty-three percent more pain reliever/anti-inflammatory medication than Bayer, twenty-three percent more than Bufferin, twenty-three percent more than ordinary aspirin tablets.

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(Advertisement)

# Losing 37 pounds doesn't sound like much, but look at the difference it made in me.

By Judie Whittaker—
as told to Ruth L. McCarthy

About three years ago, when I went for a check-up, I was irritable, miserable and as unhappy as I could be. You see, I weighed 140 pounds and I'm just over 5′ tall. Yet I had too little willpower to do anything about the shape I was in, so I asked my doctor for diet pills.

He didn't even look up from his desk as he scribbled the prescription. "I'll give you one month's supply and that's all. But remember, no one put that fork to your mouth and made you eat but you! So only you can take the weight off."

I walked out of his office stunned. No one had ever spoken to me like that before. Instead, they'd said: "You've got such a pretty face, you don't need to lose weight." Frankly, I think that's the worst thing you can do to fat people, because it only helps them deceive themselves more. I know. I did it to myself for years.

Of course, on my way up the scale I tried all sorts of things to lose weight. "Quickie" reducing pills, my own homestyle diets, even visits to figure salons. But the pills either didn't work or made me nervous; the salons cost too much; and my own diets failed. So when my doctor suggested I'd better come to grips with my weight problem, I decided it was time I gave up reducing pills and drugs and looked for a more natural way to satisfy my appetite.

I'd seen stories of people who'd lost 70 pounds, even 100 pounds on the Ayds plan, so I figured if it could help folks get rid of that much fat, it would help me get rid of 35 to 40 pounds. As a result I went to my drugstore in Greensboro, N.C. and bought a box of chocolate mint Ayds® Reducing Plan Candy. I'd read two things about Ayds. One, they contain no drugs, so I knew they wouldn't make me jumpy. And



*I look pregnant here, but I'm not. It's just me at 140 pounds in a fat dress.*

two, they contain vitamins and minerals which I found I couldn't taste at all. They were simply delicious.

On the plan, I took Ayds like the directions say: one or two before meals with a hot drink. Then for breakfast, I'd have grapefruit juice, and sometimes a boiled egg. At lunch, Ayds, tea and a tossed salad. And for dinner, Ayds, coffee, broiled meat and a vegetable.

I also discovered I could use Ayds as snacks without worrying, because each one contains only 26 calories. (I was used to 300 calories at a time.) Yet they satisfied my craving to eat, especially sweets. So I put a couple of Ayds in key spots around the house, like near the telephone, beside the TV set and on the night stand in case I woke up hungry.

Well, on the Ayds plan, the weight began to come off slowly but surely —one or two pounds a week until I went from a size 16 to a size 7.

That was over two years ago and



*Now that I'm at 103 pounds, I'll even show off my legs in front of a camera.*

I haven't gained the weight back since. As a matter of fact, my children can hardly remember me fat, but my husband says he'll never forget how good he felt when I became slim. And neither will I, because it changed my whole life. Now that I'm 103 pounds, I play tennis, my husband takes me dining, I have more friends. Why, I've even gone back to school to become a beautician. And I can truly say I owe it all to losing 37 pounds on the Ayds plan.

**BEFORE AND AFTER MEASUREMENTS**

| | Before | After |
|---|---|---|
| Height | 5′ 1½″ | 5′ 1½″ |
| Weight | 140 lbs. | 103 lbs. |
| Bust | 37½″ | 34″ |
| Waist | 29-30″ | 23½″ |
| Hips | 41″ | 32″ |
| Dress | 16 | 7 |

FAMILY FOOD IDEAS

# How to sav water— and mone

If you find it hard to turn a subject like saving wate haps the dollar savings wil your interest!

To cash in on both kin savings, all you need do is your personal habits and c the wasteful ones. Here's you might start:

● **While you're brushing teeth, shaving, or puttin makeup, don't leave the running in the sink.** Rin zors and toothbrushes afte have finished using them.

● **Wash clothes only whe have a full load.** A usual cycle requires 32 gallons. ing two loads of clothes day, when you could do t in one, wastes 2,880 gallons three months!

● **If you're a shower pe invest in one of the new zles that maintain high sure but use less water.** If you prefer baths, do dulge yourself in chin-high ble-bath soakings.

● **Check your toilet for ing water due to bad wa or water that's being sipl off through a faulty ball mechanism.** Here's how t Dye the water in the toile and watch to see if the d appears in the stool. If it the toilet is faulty.

● **Brown lawns may no great, but don't waste wa letting the hose run fo periods when it's not n sary.** These facts sugges much water can be waste average-size hose will all gallons a minute to pour hose running full blast can 900 gallons an hour.

● **Repair all leaks whe find them.** Even a tiny ho pipe can waste water if it repaired quickly.

● **Instead of washing dishes by hand in a sink soapsuds, use a dishwas clean them.** You'll use mu water.

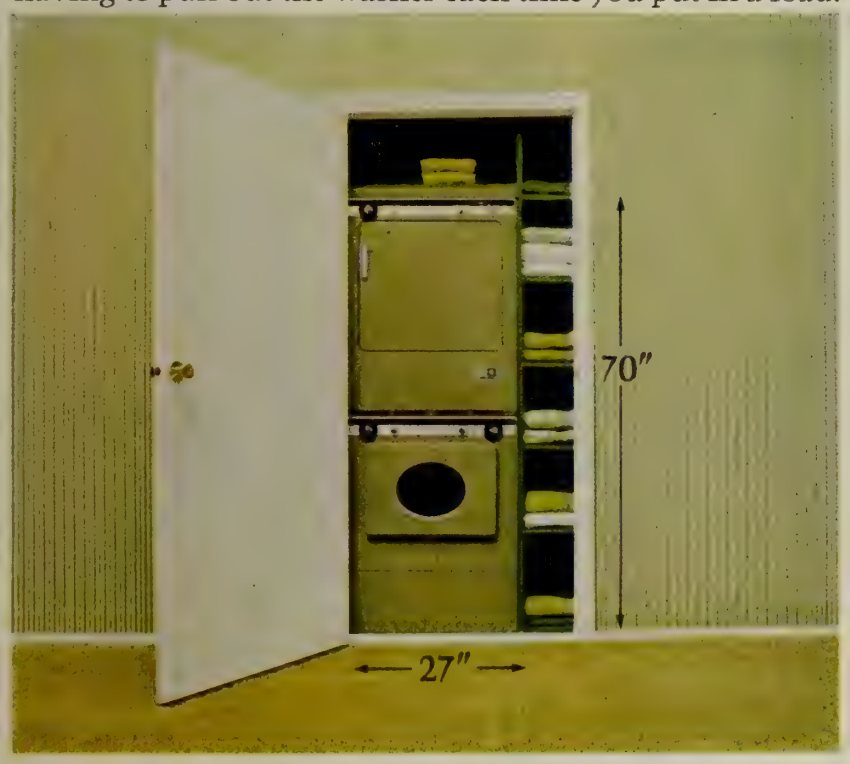
**The conclusion?** Savi cious water really can sa money. Don't let that w wisdom run down the drai

# WHITE-WESTINGHOUSE BRINGS THE LAUNDRY ROOM UP OUT OF THE BASEMENT.

## Announcing the full-size washer that does what no other full-size washer can do.

### It saves space.

Because our washer is a front-loading washer, you can stack it under our dryer in a closet. Without having to pull out the washer each time you put in a load.




### It can be built in anywhere.

Stacked or side by side, this full capacity washer can fit in lots of places no other full-size washer can.




Because all you need is a space 27" wide by 27" deep by 35" high. (With stacked matching dryer 70" high.)

Or you can install them side by side to fit into places like under a kitchen counter. Under a bath vanity. Or even built right into your wall.

So when you're building or remodeling, remember: you don't need a whole laundry room to do your laundry anymore.

### It saves work and footsteps.

Bringing the washer up out of the basement means that now you can bring the washer to where the laundry is, instead of bringing the laundry to where the washer is. And that saves you a lot of running up and down stairs with baskets of clothes.

### It saves money.

Since our washer is tumble-action, it uses less water to clean an average load of clothes than other full-size washers. And you need less soap to get the clothes just as clean. And less gas or electricity to heat the water.

In short, you're saving money each time you do your wash.

### It circulates your wash better.

A tumble-action washer works like heavy-duty commercial washers work. Effectively and efficiently. Yet it's gentle enough to handle your most delicate fabrics.

It tumbles clothes through the water instead of just sloshing them around. So, unlike an agitator washer where only the clothes near the centerpost get the full benefit of the agitator action, all your clothes get washed thoroughly and evenly.

Our tumble-action washer and matching clothes dryer. **Another quality product from White-Westinghouse.**

**WHITE-WESTINGHOUSE CORPORATION**

One of the White Consolidated Industries.

WCI

# CUT YOUR FOOD BILL– GROW VEGETABLES LIKE THESE



**Save money and put fresh vegetables on your family table this year: Buy our seeds and plant your own garden.** Enjoy a fresh-vegetable harvest and freeze or can the rest for good eating all year long. Raising your own garden-fresh vegetables is fun, and you'll save on your food budget. For example, a 15′ x 20′ garden can yield as much as several hundred dollars worth of food for you. It's easy to get started on the road to better eating and welcome savings when you order our complete package of 11 different kinds of quality vegetable seeds. Buy all you need at one time for a real bargain and avoid a shopping trip. In our complete vegetable garden set you get one packet of seeds (unless otherwise indicated) for each of the following vegetables:

**Tendergreen Green Beans**
**Asgrow Wonder Beets**
**Greenback Cabbage**
**Imperator Carrots**
**Black Seeded Simpson Lettuce**
**Midway Sweet Corn (2 pkgs.)**
**Mar Peas**
**Ashley Cucumbers**
**Comet (red) Radishes**
**Dixie Market Spinach**
**Marrow Squash**

***Order now and be ready for the spring planting season!***

**OUR GUARANTEE:** Full refund if not completely satisfied.

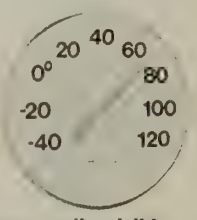
*Quantity:*

_____ **No. 09020 Set of Vegetable Garden Seeds. $2.99 (only 25¢ a packet!) plus 50¢ post. & hdlg; 2 for $5.48 plus 75¢ post. & hdlg.**

_____ **No. 08552 Outdoor Thermometer $15.95 plus $1.70 post. & hdlg; 2 for $30.90 plus $2.00 post. & hdlg.**

Total of Merchandise $_____
Postage and Handling $_____
Please include applicable sales tax $_____
Total $_____

**King Size Outdoor Thermometer**




This thermometer is great for outdoor installation on side of a building in prominent view from yard or home. An unusual gift or for personal use.

- **Instant temperature readings easily visible**
- **18" diameter dial with bright red indicator hand**
- **Black figures on white background**
- **Rugged all metal construction**
- **Clear glass curved crystal**
- **Three point mountings for security against wind**

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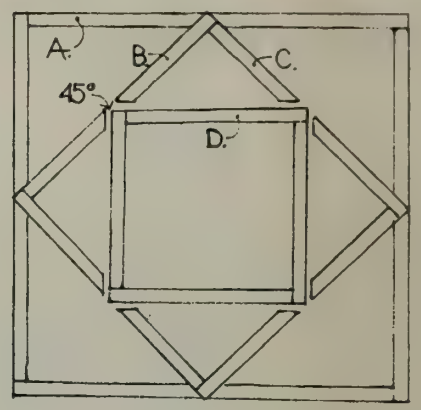
# Step-by-step project scrapbook

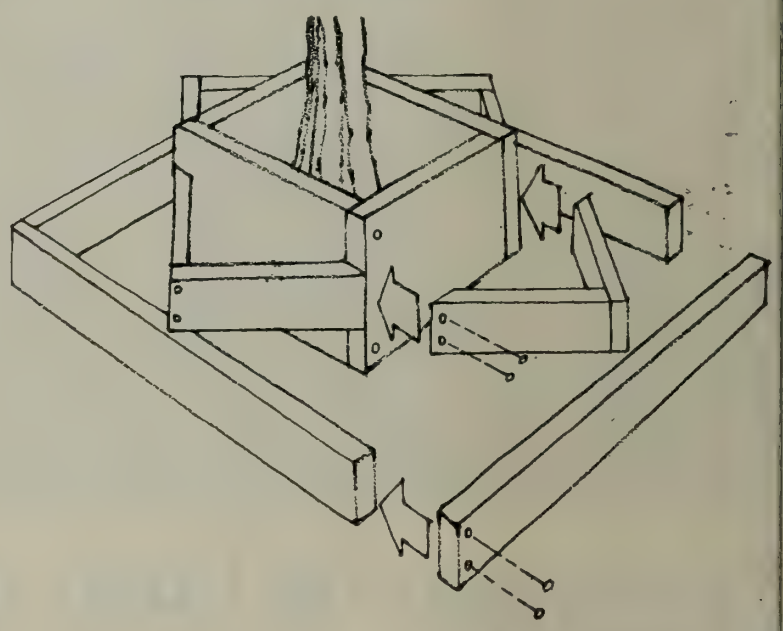
**When installing the tree surround planter, cut into the so so the unit will be level. Also, don't fill the center section wit soil, because the tree needs air and water. Fill the unit wit shade-loving ground cover or potted plants.**

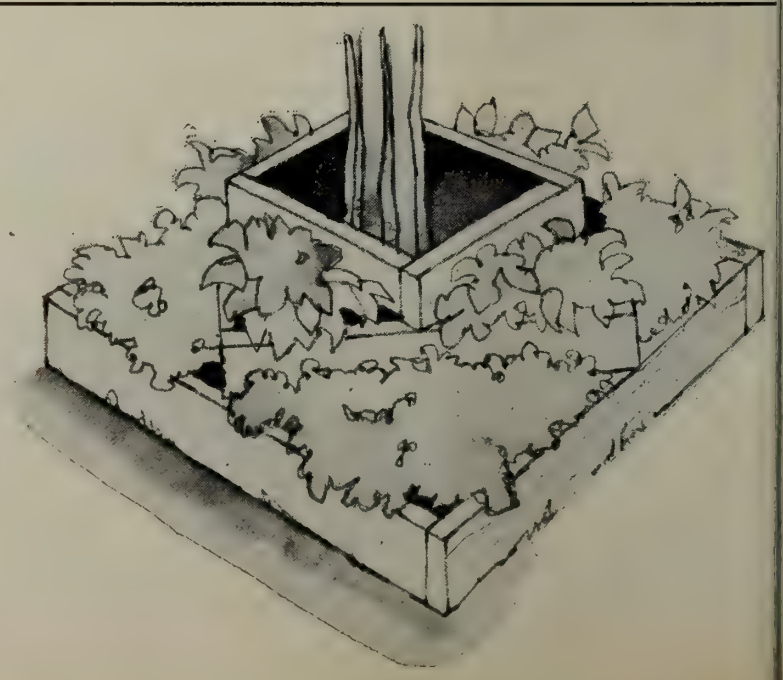
## TREE SURROUND PLANTER

MATERIALS:

A. 4 PCS. 2"x4" – 46½" LONG
B. 4 PCS. 2"x4" – 17" LONG
C. 4 PCS. 2"x4" – 15½" LONG
D. 4 PCS. 2"x12" – 22½" LONG





# How to

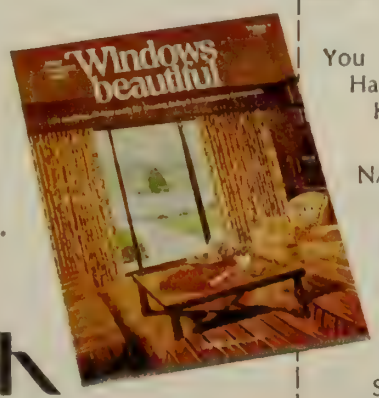
## change the personality of a room without painting, wallpapering, laying new carpet, buying new furniture or spending a lot of money.







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FAMILY FAVORITE

GREEN BEAN CASSEROLE

*2 pkgs. frozen cut green beans or 2 (1 lb.) cans, drained • 3/4 cup milk • 1 can (10½ oz.) condensed cream of mushroom soup • 1/8 tsp. ground black pepper • 2 tbs. diced pimiento • 1 can (3 oz.) Durkee O&C French Fried Onions*

Cook frozen beans in salted water. Drain. Combine milk, soup, pepper; pour over beans. Add 1/2 can onions; pour into 1½ qt. casserole. Bake at 350° for 20 minutes. Garnish with 1/2 can onions and pimiento; bake 5 minutes. Serves 6.

THE EASY DISH YOUR FAMILY WILL LOVE.

***DURKEE FAMOUS FOODS***

Full Size, Fiberglass

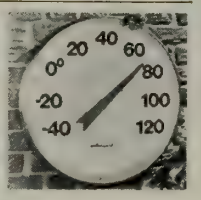
**GREENHOUSES**



FROM $88.95

**Grow Super vegetables and flowers! Write today for FREE brochure with Budget Plans and all Accessories. McGREGOR GREENHOUSES, Box 36-A3, Santa Cruz, CA 95063. (408) 476-5390.**

**KING SIZE (18") SUPER OUTDOOR THERMOMETER**




Great for outdoor installation at swimming pool, yard, patio or garden. An unusual gift or for personal use. Instant temperature readings on this big 18" diameter dial with bright red indicator hand. Black figures on white background. Rugged all metal construction with clear glass curved crystal. Three point mounting for security against the wind.

**No. 08552 $15.95; 2/$30.90 plus $2 pstg. & hdlg.**

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**Box 374, Des Moines, Iowa 50336**

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Curious odd-looking, strange species of plants; thrive anywhere with little care. Flowers of exquisite beauty and fragrance. Send 15c in coin for 50c Pkt. **or 2 Pkts. for 25c** and Big Seed Catalog. **FREE**

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and away go troubles down the drain


# A REGULAR FEATURE DESIGNED TO MAKE AROUND-THE-HOUSE JOBS EASIER FOR YOU

# TIPS TOOLS & TECHNIQUES

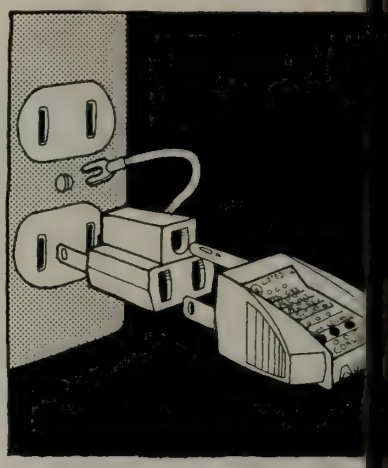
This feature is written by you. It's a wide-ranging collectio shop hints, installation tips, and repair shortcuts that yo along with millions like you—have picked up from your exp ence as a do-it-yourselfer. We pay $25 for each problem-so we publish. See the box below for details.

## PROBLEM

**You plan to attach the pigtail of a plug adapter to the pl retainer screw on a duplex outlet box, and you want to kno the screw is properly grounded.**

## SOLUTION

A new circuit analyzer now on the market is just the ticket. Plug it into the adapter, then insert the adapter in the receptacle and connect the pigtail; indicator lights on the analyzer will give you the answer you need. This handy tester also tells you, among other things, if the grounding contact in a three-prong receptacle is connected. The AMP Circuit Analyzer is available at Sears, Wards, Woolco, and other stores. Under $6.



## PROBLEM

**The plug on your power tool separates from the extens cord at the most inopportune moments.**

## SOLUTION

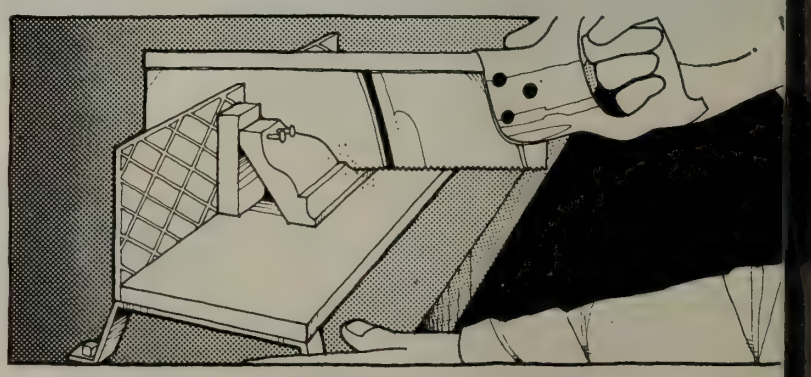
Before connecting the two cords, tie them into a loose dou knot a couple inches from their junction.

## PROBLEM

**You're having trouble holding a piece of large crown mold in your miter box while making an angle cut.**

## SOLUTION

Tack a piece of scrap wood on each side of the cut to k the molding "square" with the box.



Do you have do-it-yourself suggestions and/or shortcuts to share Mail them to: Tips, Tools, & Techniques, Better Homes and Garden 1716 Locust Street, Des Moines, Iowa 50336. We will pay $25 for eac idea accepted for publication and reserve the right to shorten otherwise edit all copy. No materials will be acknowledged or r turned to the sender, and all submissions become the property Meredith Corporation. We do not accept previously published idea

At Meow Mix, we've received numerous
ers about our product from satisfied
tomers.
Most of them from people with cats.
Some of them from cats with people.
At least, they're signed by cats (some
n have paw prints).
Cats writing letters?
If that seems unheard of maybe it's
cause, in Meow Mix, they finally have
at food worth writing home about. Or
iting away about.
One cat, who claims to be a gourmet,
s she eats nothing but Meow Mix.
Another cat (Klondike, by name) says
at when his favorite supermarket ran out
of Meow Mix, he went on a hunger strike.

Other cats spoke glowingly of the taste of Meow Mix, the convenience, the price and the fact that they could get their three favorite flavors (tuna, liver and chicken) in one package.

They all agree that Meow Mix tastes so good they ask for it by name. Practically every time they open their mouths.

There was more, too. Which we won't go into now. Somehow, it seems that what cats couldn't put into words about Meow Mix, they put into letters.

Oh, people said some nice things about us, too.

But, after all, that's easy for them to say.

TASTES SO GOOD CATS ASK FOR IT BY NAME®




# CATS DON'T JUST SAY THEY ASK FOR MEOW MIX®, THEY PUT IT IN WRITING.

Dear People,

I was never the kind of cat who would ask for a product by name until I tasted MEOW MIX!!! It's so delicious I ask for it all the time. But sometimes, people don't listen. They try to feed me all kinds of cat food. I wish I knew the words to tell them to save their money, but all I can say is MEOW!

A fan

© 1980, Ralston Purina Co. Meow Mix® Cat Food

# Crafts for the Spring Season

**from Better Homes and Gardens**



**Crewel Wall Clock** Create a treasured heirloom. Kit includes clock face stamped on luxurious cotton and linen fabric, crewel wools and floss in authentic soft colors, frame, mounting board, precision clock movement, needle, and easy instructions. Frame assembled and completed, 14½" x 14½" x 2½" deep. Electric or battery operated. (Battery not included).




**Serenity Prayer** Stitch this ageless thought and make it a permanent part of your home. It's easy to do—a simple cross-stitch—and very economical. Kit includes design stamped on fine quality linen, cotton embroidery floss, and complete instructions. Sampler fits inside our beautiful 14" x 18" walnut finish wood frame. Truly a conversation piece.

**TO SPEED DELIVERY PHONE TOLL FREE**

Quantity

_____**No. 00879 Octagon Clock (battery) $29.95. 2 for $57.98**
_____**No. 00880 Octagon Clock (electric) $23.99. 2 for $45.98**
_____**No. 00302 Serenity Prayer $3.99. 2 for $7.48**
_____**No. 00098 Frame 14" x 18" $7.49. 2 for $13.98**
_____**No. 00303 Kit and Frame $10.48. 2 for $19.97**
_____**No. 13159 Tote Bag $4.99. 2 for $9.48**

**Stitchery Tote Bag** Ideal for carrying yarn, needlecraft kits, your favorite sewing project, or whatever. The 13" x 13" off-white, tan striped soft canvas bag with red lettering is double stitched, sturdy and lightweight. The two side pockets are 9" x 10" each with a snap for closing. Bag is washable.



Postage and Handling For orders up to $5 add 60¢; $5.01 to $10 add $1; $10.01 to $15 add $1.35; $15.01 to $25 add $1.70, over $25 add $2.

**Total of Merchandise $**_____
**Postage and Handling $**_____
**Please include applicable sales tax $**_____
**Total $**_____

Name_____
Address_____
City_____
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**OUR GUARANTEE: Full refund if not completely satisfied.**

# How to order material from the magazine

**Better Homes and Gardens Bicentennial Rose**—Developed exclusively for Better Homes and Gardens readers, this hybrid tea rose is perfect for your garden. It's a very unusual rose, the result of cross-breeding Tropicana with a Peace rose. The petals are bicolored—rose and soft yellow. The stems are medium tall and heavily branched, and the foliage is dark glossy green. The rose is free flowering all summer. Quantities are limited so order today. Your order will be shipped at the proper time for planting in your locality. Every plant is guaranteed to grow and bloom. If any don't perform, they will be replaced at no cost or your money returned providing your report is filed with us by August 1, 1976.

**These Unique Bartley Collection, Ltd.** furniture pieces are line-for-line reproductions of some of the great masterpieces of cabinetry—at prices you can afford. No compromises have been made in these kits. All wood pieces are precut from top-quality cherry or mahogany. Each kit includes all necessary hardware and finishing materials (sandpaper, stain, varnish, glue). The step-by-step instructions are fully illustrated. The furniture pieces are available either in kit form or fully assembled and finished. You pick the finish you want.

**Butler Tray Table**—A classic from the early 1700s, this table goes well with any decor. The top has 11 pieces—all tongue and groove. Only basic tools are required. Hinges are solid brass and hand forged. Height 18½ inches, sides down 43 by 31 inches, sides up 34 by 22 inches.

**Queen Anne Bench/Footstool**—this 1700s design is notable for its elegant simplicity. The legs have exposed pegs and round or "Dutch" feet—characteristic of the period. Included in the kit is a prepadded seat, covered with white muslin. The seat is perfect for displaying a beautiful needlepoint piece or fine fabric. You will need approximately 23 by 20 inches of fabric. The bench frame is 17½ inches high, 17¾ inches long and 15½ inches wide.

**Queen Anne Mirror**—This mirror is of true heirloom quality and lends itself to almost any style of decor. The ready-to-assemble kit includes frame and high-quality plate glass mirror, 25 inches high and 13½ inches wide.

**Candlestand**—Candlestands were highly prized and constantly used in the eighteenth century. The Bartley Collection replica can hold a candle, your favorite plant, or another item you want to display. The stand is 4 inches high, and the top is ten inches in diameter.

**Send order and remittance to:** **Better Homes and Gardens**
**Dept. 2CA Box 374, Des Moines, Iowa 50336**

**Exclusive Better Homes and Gardens Bicentennial Rose**
___No. 09019 Bicentennial Rose $5.49 each plus $1 postage and handling; 2 for $9.99 plus $1.50 postage and handling; 4 for $18.50 plus $2 postage and handling

Please check type of wood and finish you want.

| | Wood | Finish |
|---|---|---|
| Butler Tray Table<br>___Unfinished $165 plus $8 postage and handling<br>___Finished $350 plus $25 postage and handling | ☐ Cherry<br>☐ Mahogany | ☐ Cherry<br>☐ Brown Mahogany<br>☐ Red Mahogany<br>☐ Walnut |
| Queen Anne Bench<br>___Unfinished $115 plus $4 postage and handling<br>___Finished $250 plus $17 postage and handling | ☐ Cherry<br>☐ Mahogany | ☐ Cherry<br>☐ Brown Mahogany<br>☐ Red Mahogany<br>☐ Walnut |
| Queen Anne Mirror<br>___Unfinished $45 plus $3 postage and handling<br>___Finished $95 plus $11 postage and handling | ☐ Mahogany | ☐ Brown Mahogany<br>☐ Red Mahogany |
| Candlestand<br>___Unfinished $85 plus $3 postage and handling<br>___Finished $200 plus $16 postage and handling | ☐ Cherry<br>☐ Mahogany | ☐ Cherry<br>☐ Brown Mahogany<br>☐ Red Mahogany<br>☐ Walnut |

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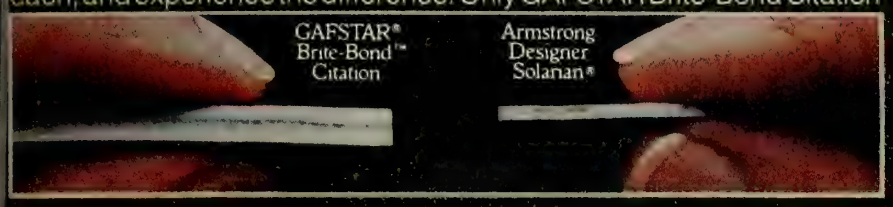
Credit Card No. ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Name_____ Total of Merch. $_____
Address_____ Post. and Hdl. $_____
City_____ Please include applicable sales tax $_____
State_____ Zip_____ Total $_____

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# Compare GAFSTAR® Brite-Bond™ to Armstrong Solarian* flooring and your feet will tell you there's no comparison.

Neither floor needs waxing to keep its bright shine. But hold a piece of each, and experience the difference: Only GAFSTAR Brite-Bond Citation has foam backing. So only beautiful GAFSTAR is soft.




Sponge mopping with mild detergent plus thorough rinsing, will normally keep it clean. In time, heavy traffic areas may show reduced surface gloss. If desired, gloss can be restored by occasional application of GAF Brite-Bond floor finish.

Call TOLL FREE *ANYTIME*, at (800) 243-6100 (in Conn. 1-800-882-6500) for the name of a nearby participating GAF dealer. Or, for further information including full maintenance details, write GAF Floor Products, Dept. AAC6, Box 1121, Radio City Station, N.Y., N.Y. 10019.

Victoria Gardens pattern available in 4 high fashion colorations.

*Solarian is a trademark of Armstrong Cork Co.

GAF® GAFSTAR®



# *Casseroles for two*

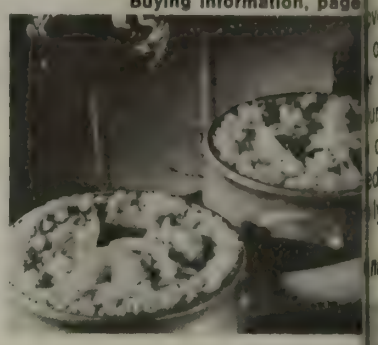
The beauty of casseroles is that they put the entrée into one dish, saving time and clean-up. If there are only two of you, here's a couple of recipes you'll want to invite for dinner.

**SEAFOOD LOUISIANA**

*Serve with a tossed salad—*

- **1 9-ounce package frozen artichoke hearts**
- **1 tablespoon butter or margarine**
- **1 tablespoon all-purpose flour**
- **1 can condensed oyster stew**
- **1 teaspoon instant minced oni**
- **1 cup cooked rice**
- **1 4½-ounce can shrimp, drain**
- **¾ cup soft bread crumbs (1 sli bread)**
- **1 tablespoon butter or margari melted**

**Buying information, page**



Cook artichoke hearts acco ing to package directions *exc* omit the salt; drain. In a la saucepan, melt the first tal spoon of butter or margari blend in flour. Stir in oyster s and onion. Cook and stir till n ture thickens and bubbles. move from heat; stir in r shrimp, and artichoke hea Turn into two 2½-cup casser Combine bread crumbs and maining butter or margari sprinkle around edge of casser Bake, uncovered, in 350° o for 25 minutes. Makes 2 servi

**PORK CHOP AND CABBAGE CASSEROLE**



Photographs: D

*Arrange a fresh and colo relish tray to serve, too—*

- **2 pork chops, ¾ inch thick**
- **¼ teaspoon salt**
- **Few dashes pepper**
- **½ cup apple juice**
- **1 tablespoon brown sugar**
- **2 teaspoons instant chicken bouillon granules**
- **½ teaspoon caraway seed**
- **½ small head cabbage, cut in 4 wedges**
- **1 medium cooking apple, core and cut in wedges**
- **¼ cup finely chopped onion**

Trim fat from chops; sea with salt and pepper. In skil brown chops on both sides. small saucepan, heat apple ju brown sugar, bouillon, and ca way seed till bouillon is dissolv Place cabbage and apple wed in 8x8x2-inch baking dish or 1 quart casserole; sprinkle w onion. Pour apple juice mixt over all. Add chops. Cover bake in 350° oven for 1 hou till tender. Makes 2 servings


# "You don't need paper filters in this West Bend Quik-Drip®.

## This permanent filter could save you up to $12 a year."



**Pat Boone says:** "With most automatic drip coffeemakers it's no paper filter, no coffee. But not with this West Bend Quik-Drip. It's got a permanent polyester filter. You can make great coffee with or without a paper filter. And that means you can save the cost of the filters. Up to $12 a year. Or more, if you make a lot of coffee!

"Of course, the real proof is in the coffee. You can brew 2 to 10 cups of perfect-every-time coffee in less than a minute a cup. The covered carafe and keep-warm plate keep the coffee at a perfect serving temperature all day long.

"Like all the West Bend Quik-Drips, it's one great coffeemaker. You even get your choice of colors. Choose harvest, white, or avocado."




You get your money's worth and more from West Bend...where craftsmen still care.®

WEST BEND®

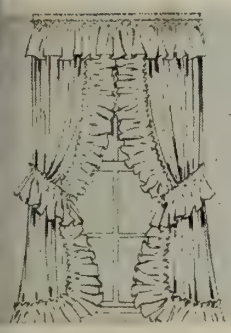


tter Homes™

# hopping editor's choice

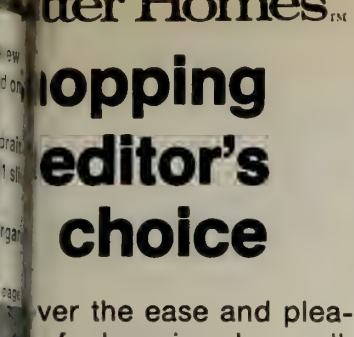
ver the ease and plea- of shopping by mail. r from the convenience ur own home with com- confidence. If not de- d, each company will ily refund your money.

**nn Lively**



**ed wide lace curtains**

of cotton & polyester perma- press; in eggshell or white. vide pr., 4" ruffles. 45", 54", $25. 72", 81", 90", $30 pr. Val- 10" x 80", $8 ea. Add $2 post. og free. Country Curtains, BH3, Stockbridge, MA 01262.




**nis racquet cover**

eavy waterproof vinyl with side er and personalized. Protects racquet from dirt, rain, damp- & warping. Fits standard or al racquets. State name. $2.99 5¢ post. Holiday Gifts, Dept. X, Wheat Ridge, CO 80033.



**em of Emotion" pendant**

nges color with your every od. Onyx black when you're rworked to sapphire blue when 're happy. 18" chain, gold-tone ing. $5 ppd. (PA res. 6% tax). erican Consumer, Dept. RJ-29, oline Rd., Phila., PA 19176.

Pick Strawberries In 90 Days

## GIANT EASY-TO-TRAIN

# CLIMBING STRAWBERRIES




★ Ever-Bearing Perennials Grow Year-After-Year! ★ Can Be Trained on Any Trellis, Fence, or Pole! ★ Produces Berries From Bottom To Top! ★ Easy To Grow — Simple To Plant! ★ Large, Juicy Berries! ★ Bears Fruit First Year!

It's true! A beautiful Climbing Strawberry. A strawberry plant that produces delicious, honey-sweet red strawberries the entire way up! Read these facts and learn how you can grow these beautiful ornamental plants that produce berries you can pick from the vine.

Imagine the curiosity, the envy of your neighbors as they watch you grow strawberries on a pole, trellis, or fence. Imagine the interest and excitement as they watch this richly foliaged plant reaching vigorously upward. Imagine your own delight as you watch enticing bright red strawberries appear. Just picture yourself leisurely walking through your garden picking real red strawberries from your own exotic Climbing Strawberry plants . . . picking delightful tasting strawberries right off the vine — without having to wash off the dirt — and popping them into your mouth to enjoy their vine-fresh flavor!

### CLIMBING STRAWBERRIES ARE PERENNIALS
**Ever-Bearing — Produce All Summer Until Frost**

You don't have to buy and plant these Climbing Strawberries every year! Because they are hardy perennials, they'll grow year-after-year. And each spring they'll produce even more lustily, increasing in length quickly and forming 5 to 6 rosettes at intervals. These rosettes produce clusters of flowers from which the berries fruit profusely this year. In turn, the rosettes produce more runners which bear more flowers and fruit. A prolific, splendid plant to enjoy for years and years. It is truly ever-bearing.

### EASY TO GROW

These plants have proven their ability to thrive and produce and withstand severe winters. And you don't need a lot of space to grow them in . . . only a couple of square feet of ground per plant! Imagine a Climbing Strawberry plant from only 2 square feet of ground! Amazing, but true. Planting and care are simple, full directions come with your order.

★ **STRAWBERRIES FROM SPRING UNTIL FROST** ★

**Offer Will Not Be Repeated This Year**

**Climbing Strawberries grow and bear succulent berries until the killing frost comes. Planted in early spring, these Climbing Strawberry plants start producing berries around July and continue to produce week-after-week, until frost. You can enjoy the firm texture, tempting fragrance, and delightful taste of these magnificent strawberries for months. But that's not all! These plants are as beautiful as they are practical. Not only do they produce delicious fruit, but they also help to dress up your garden with beautiful greenery decked generously with bright red berries. A splendid ornamental plant with luxurious green foliage. Act today!**

The **Climbing Strawberries** offered in this ad are cultivated exclusively for us, are available **only** through this advertisement, and cannot be purchased **anywhere else. PLANTS WILL BE SHIPPED IN TIME FOR PROPER PLANTING IN YOUR AREA. YOU WILL BE PICKING BERRIES 90 DAYS AFTER YOU PLANT THEM.**

© 1976 Climbing Strawberries

**3-MONTH WRITTEN GUARANTEE**

Climbing Strawberry plants are shipped to arrive in perfect condition for planting — to grow and produce berries, or plants will be replaced absolutely FREE anytime within 3 months!

**CLIMBING STRAWBERRIES PHILADELPHIA, PA.**



**RUSH ORDER TODAY**

**CLIMBING STRAWBERRIES** Dept. CT-254
**Caroline Road** **5 Plants Only $1.98**
**Philadelphia, PA. 19176** **10 Plants Only $2.98**

Please rush me my CLIMBING STRAWBERRY PLANTS. 5 for $1.98 ..... or 10 for $2.98.

☐ SEND _____ Climbing Strawberry Plants. (Add 35¢ for postage and handling).

Enclosed is $_____ (Add Sales Tax Where Applicable)

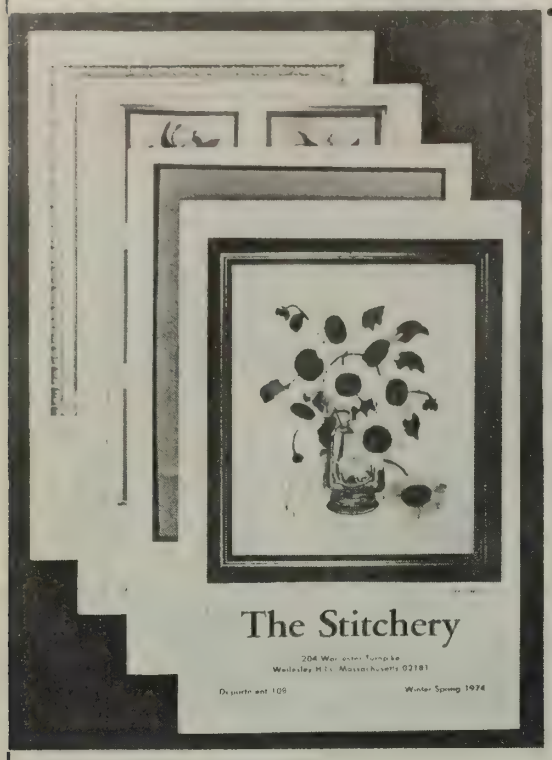
Name

Address

City State Zip

Canadian customers please send orders to:
**T. P. Products, Dept. CT Box 1600, Station A, Rexdale, Ontario M9W5V2**

# ONE YEAR SUBSCRIPTION to The Stitchery CATALOG




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**Hundreds of exciting new needlecraft kits — many available only through us . . .**

Now you can select from hundreds of different art needlecraft kits in The Stitchery's quarterly full-color catalogs. Items include needlepoint, crewel, cross-stitch and a virtually unlimited number of clever ideas—page after page of pillows, pictures, doorstops, bell pulls, handbags, tote bags, luggage straps and racks, footstools and footstool covers, belts, dolls, rugs, eye glass cases, pin cushions, afghans etc. Many designs are exclusives. Send only 25¢ for the next 4 colorful issues.

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**The Stitchery**

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204 Worcester Turnpike
Wellesley, Mass. 02181

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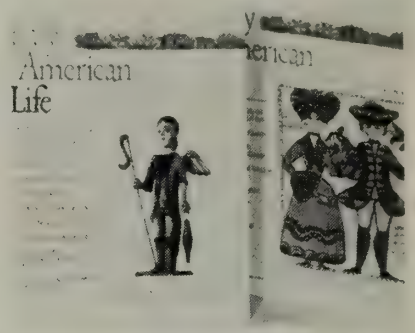

### Never lose your keys again

Beautiful new personalized key tag is so big it can't hide from you. Your name in raised golden letters on 5" crystal clear tag. (Max. 9 letters) $2.98 + 50¢ post. Crown-Castle, Dept. KR-523, 51 Bank St., Stamford, Conn. 06901.



### For sewers, needleworker

Collectors too, new zodiac motifs solid Sterling Silver; elegant Sterling Silverplated thimbles. Ma in U.S.A., $4.89 each + 45¢ po Specify sign or birthdate. Lil Vernon, Dept. H3E, 510 So. Ful Ave., Mt. Vernon, NY 10550.




### Early American Society

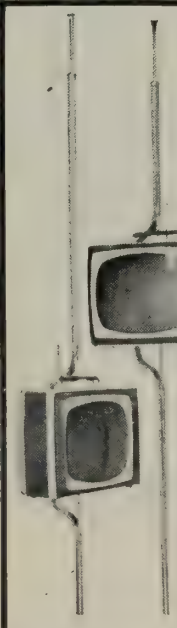
Offers a membership, includes six issues of Early American Life; keyed to early Americana. Discounts on books, travel, furniture reproductions. Annual Membership $8. Early American Society, Dept. 7235, 3300 Walnut St., Boulder, CO 80302.



### Handy hang-dryer

Convenient and space-saving dr fits all shower heads. Fits in a suitcase. Of solid steel with wh rustproof vinyl finish. Holds hangers. $3.23 ea., 2/$5.75 + post. American Century, Dept. 30 Box 36232, Los Angeles, CA 900

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## ADJUSTABLE T.V. POLE

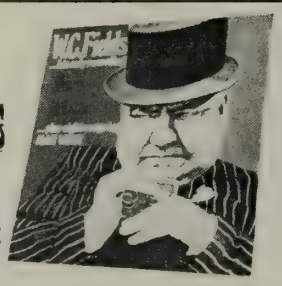
Hold your portable T.V. right where you want it, without awkward tables or stands. Takes any width, up to 14" deep. 17" high. Brass tone finish pole has spring tension rod to adjust to 7½ to 8½ ft. ceiling heights. Can be set up in Hi or Low position. Hi position is great for reclining watchers!

Made in U. S. A.
Extension for higher ceiling, add $2.00
*Prompt Shipment*

$13.95 Plus $1.00 postage
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Wheat Ridge, Colorado 80033

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## W.C. FIELDS



His Only Recording

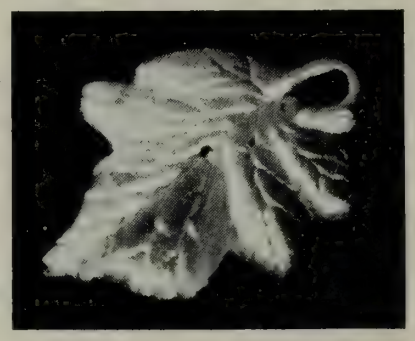
## THE TEMPERANCE LECTURE

Featuring W. C. Fields . . . The only recording he ever made! You'll enjoy the wit and humor when you hear W. C. Fields expound on the "Evils of Alcohol." The album includes a 10,000 word biography, film stills and 8 songs by Mae West. **$5.95** plus 75¢ postage. **SAVE $1.50, two** for **$11.90** ppd.

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*Money Back Guarantee*

**J. W. HOLST, INC.** Dept. BF-36
1864 E. US-23, East Tawas, Mich. 48730

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### Cleans silver fast

Magic Silver Leaf goes into the dishpan or sink and safely cleans your silver as you wash dishes. No rubbing, no boiling; lasts a lifetime. $4.98 + 40¢ post. Anthony Ent., Dept. BHG-36, 556 Mission, San Francisco, CA 94105.



### Freedom lamp

American made hurricane lamp distinctive Early American styli Beautiful walnut finished wood golden chains highlight the la approx. 2 ft. tall. $14.95 + $1 p Crown Castle, Dept. HL-500, Bank St., Stamford, Conn. 069

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## WOMEN'S CAVALIER PANT BOOT



*"like wearing gloves on your feet"*

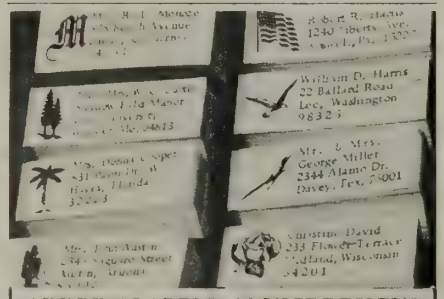
Handsomely crafted in Genuine Glove Leather. Smooth, no-seam vamp; adjustable buckled strap. Resilient ribbed sole and 1" heel. **Brown, White, Black, Bone, Luggage Tan, Navy, or Red.**
Also **Black** and **Brown** Suede Leather. Full & ½ sizes 6-10½ AAA,AA; 5-10½ A,B,C widths.

**$19** Plus $1 postage

*$10 deposit for COD  Satisf. Guar*

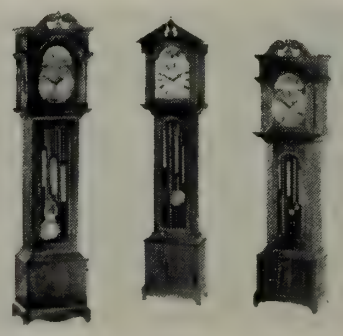
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600 So. Country Club Rd. Tucson, Az. 85716

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**ADDRESS LABELS with NICE DESIGNS**
Any Initial, American Flag, Pine, Gull, Palm, Roadrunner, Saguaro, Rose (Also, Texas Flag, Maple Tree, Treble Clef, Palette). Up to 20 letters per line, 4 lines. Printed in black on white or gold gummed labels 1½"x½". 500 on white or 250 on gold, $2.50 ppd. Or on Deluxe Size, 1¾" long. $3.50 with design or $2.50 without, ppd. Specify Initial or Design desired. Via 1st, add 36¢. Bruce Bolind, 153-L Bolind Bldg., Boulder, Colo. 80302. [Since 1956, thanks to you!]

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### Antique reproduction clocks

Build these and 16 other beautiful clocks. For information packed catalog showing cases, movements, dials, parts & plans. Finished clocks generally worth 2 to 3 times your cost. 50¢. Mason & Sullivan, Dept. BH3E, Osterville, MA 02655.



### "Jade Like" plaques

Each is 3⅝" wide with imitat jade flowers, leaves & vase. Chin characters name the seasons glass-enclosed plaques. Set of $6.98 + 75¢ post. (PA res. 6% t American Consumer, Dept. JE Caroline Rd., Phila., PA 19176.



**...ial Liberty bell**

...duced in special cast metal ...n antique bronze finish. Made ...A, commemorative souvenir; ...s with history. Ring it as a bell. ...$3.95; 3¼" $4.95 + $1 post. ...n's, 2077 New York Ave., ..., Huntington Sta., NY 11746.



**...more wet hair**

... hair-do safe and dry while ...ng or swimming. Absorbent ... protects against moisture. ... under shower or bathing ... adjustable. $3.98 + 45¢ post. ...ony Ent., BHG-36, 556 Mis... San Francisco, CA 94105.



**...rquise shaped ring**

...try in bewtiching simulated ...k onyx, studded with a simulated ...mond. Ring is Solid Sterling Sil... Ring sizes, 5,6,7,8. #3198 $7.98 ...5¢ postage. Lillian Vernon, Dept. ... 510 So. Fulton Ave., Mt. ...non, NY 10550.



**...ver finish dangle rings**

...e-strand spring-type ring with ...ice of free flowing ornament. ...ecify "Hearts", "Bells" and/or ...ve". One size fits all; $3 each; ...2.75. Order from House of Cam..., Dept. 084, 91 Broadway, ...enlawn, New York 11740.

**continued**

# AMERICA'S GREATEST ROSE SALE "EVER"



**CRIMSON GLORY**

Large full velvety crimson blooms. Very fragrant. **Former patent no. 105**



**CLIMBING BLAZE**

Huge clusters of fiery red blooms. A good climber. **Former patent no. 10**



**MIRANDY**

Huge full blooms of dark red. Fragrant. **Former patent no. 632**



**CHRYSLER IMPERIAL**

Light Crimson with dark overtones. A beauty **Former patent no. 1167**



**HAPPINESS**

Brilliant Fire-engine red color. **Former patent no. 911**



**MONTEZUMA**

Gorgeous blooms of scarlet-pink. **Former patent no. 1383**

LESS THAN **96¢** EACH

(IN LOTS OF 24 All Shipping Paid)

**FORMERLY PATENTED PRIZE WINNING ROSES AT NON-PATENTED PRICES**

**LEGAL PATENTS HAVE EXPIRED!**

All of these varieties are considered by many experts to be the most popular patented roses of all times. Now their legal patents have expired and they may be sold at these "Super Low Prices" while supplies last. All roses are two year field grown rose bushes ready to prune and plant.

**ALL ROSES:**

1. WILL BLOOM FROM MID-SPRING TO EARLY FROST
2. ARE HARDY
3. WILL BE LABELED AS TO VARIETY
4. WILL HAVE EASY TO FOLLOW PLANTING INSTRUCTIONS
5. WILL HAVE BLOOMS APPROXIMATELY TWICE THE SIZE OF THEIR PICTURE



**WHITE KNIGHT**

Elegant pure white blooms. **Former patent no. 1359**



**TIFFANY**

Bright pink bloom with radiant sunny glow. **Former patent no. 1304**



**PEACE**

Magnificent blooms of yellow edged in pink. **Former patent no. 591**



**LOWELL THOMAS**

A lemon yellow with fragrant blooms. **Former patent no. 595**



**MOJAVE**

Gorgeous blooms of glowing orange. **Former patent no. 1176**



**STERLING SILVER**

A pastel lavender tone. Sterling silver look. **Former patent no. 1433**

**GUARANTEE**

Each Rose is verified by Govt inspection to be a living plant. Each must bloom or it will be replaced free of charge. Our prices are the best possible, and if these roses can be found at a cheaper price we will REFUND THE DIFFERENCE to you immediately

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| | CLIMBING BLAZE |
| | MIRANDY |
| | CHRY. IMPERIAL |
| | HAPPINESS |
| | MONTEZUMA |
| | TIFFANY |
| | PEACE |
| | LOWELL THOMAS |
| | WHITE KNIGHT |
| | MOJAVE |
| | STERLING SILVER |

**PLEASE SEND**

☐ ANY 6 FOR ONLY **$6.98**

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All Shipping Paid

**MORRISON NURSERY CO.**
P.O. BOX 97 DEPT. AX-3
MORRISON, TENN. 37357

Please send us at the proper planting time the roses we have selected. You will acknowledge our order for shipping date.

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STATE _____ ZIP _____

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### Terrific twins

Pull-over tank paired to a match overblouse of the same orie print. So pretty with pants, sk all your separates. Acetate/Ny machine washable. Blk., wht. brown background with multic pattern. Sizes 32-44. $20 + $1 p Old Pueblo Traders, 600 So. Co try Club Rd., B3B, Tucson, AZ 85




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Adorable chick steps out in Easter parade. Grand Marshal B ny proclaims the year with a s brass banner. Hand-crafted in Sp of solid wood in natural two-ton 3⅜" long. #8958, $2.98; 3/$7.9 45¢ post. Order from Lillian Vern Dept. H3E, 510 So. Fulton A Mt. Vernon, New York 10550.



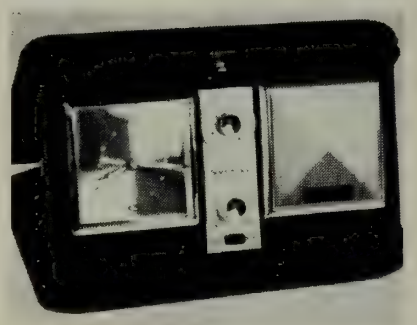
### Designer plant stand

Holds 8 plants in just a two-f space. All can rotate to allow even lighting, encouraging health fuller growth. Floor-standing assembles to 52" H. Blk. or \$24.95; Chrome $29.95 + $3 s (NY State res. add tax). Catalog f Home Plant Display, Inc., Dept. L2 51 E. 42 St., N.Y., NY 10017.



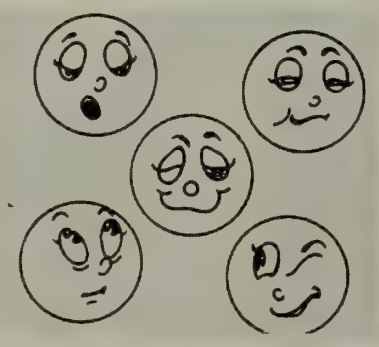
### Groucho in needlepoint

A caricature of the "Grand Ma of Comedy" worked in black white. Kit: design on #13 m mono canvas, Persian wool y instr. Finished size 7"x8". A Charlie Chaplin & Marilyn Mon (both 8"x8"). $6.95 + 60¢ post. World of Stitch 'n Knit, Dept. BG Box 709, Framingham, MA 017



### Travel friend to wake up t

A 6-transistor radio alarm cloc wake up to at home or away. G tone face has fluorescent hour c for easy viewing in the dark. Al automatically triggers radio if sired. Black leather case 7"x AM/FM $49.95. AM only $3 ppd. Bruce Bolind, Dept. B Boulder, Colorado 80302.



### Perk-up letters with pixies

They're quaint adorable little c catures on labels. Just peel it self adhesive-and press it on y letter. Place it where it best ill trates the humor, anger, joy, s ness etc. that is intended. 28 dif ent expressions, 196 seals $2. W Berg Ent. Dept. BH-3, Box 4 Colorado Springs, CO 80930.



### Owl magnifier pendant

A piece of jewelry plus a disc way to read menus, etc. Anti gold finish with emerald eyes an handsome twist chain. A lovely cessory on all your clothes. No m awkward reach for glasses. 1 lens. 29" chain. $2.98 + 35¢ p Harriet Carter, Dept. BHG-14 Plymouth Meeting, PA 19462.

## Plant Now...Step Back...and Watch Out!

# Amazing Super-Growing Species Soars Into A Magnificent Tree IN JUST ONE YEAR!

**nd if you think that's startling — just wait 'til you see ıe spectacular show when it starts to flower — Actually mothers itself in such lavish masses of bouquets, its ranches appear to bend from the sheer mass and weight of ıe magnificent blooms.**



Grows More In One Month Than Most Other Shade Trees Grow In An Entire Year . . . More In One Season Than Ordinary Shade Trees Grow In 2 Years, 3 Years Or Even 5 Years!

Photo depicts magnificent size, spread and beauty of mature Royal Paulownia (Paulownia Tomentoso).

hat's the kind of wondrous results reported by the U.S. ov't. Plant Research Stations . . . Botanical Gardens . . . nd University Plant Scientists on what is undoubtedly e most fantastic flowering shade tree ever introduced America — the incredibly beautiful Paulownia . . . e only flowering shade tree in all of nature that can all of this and more.

**READ WHAT THE EXPERTS SAY ABOUT THE INCREDIBLE PAULOWNIA . . . THE FASTEST GROWING FLOWERING SHADE TREE EVER DISCOVERED!**

**EIGHT:** Gov't Plant Scientists and Botanical Experts eport 18 to 22 feet of growth the very first year on eeimen trees. That's more growth IN JUST ONE INGLE SEASON than even a fully matured 15-year-old owering dogwood, or prize star magnolia.

**PREAD:** University Researchers report beautiful ornaental spread of nearly 40 feet at maturity . . . packed ith thousands of magnificent flowers. Think of it. It ot only surges skyward in the most spectacular burst f beauty you've ever seen . . . but, also arches out in magazine-cover display of color-drenched branches.

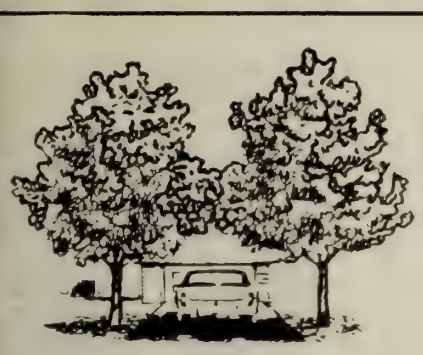
**ase:** Leading editors report: . . . grows in almost any oil . . . and below-zero root-hardy, too. Yes, because ature has endowed this landscape-artist's "dream-ree" with super-growing strength . . . because it is irtually resistant to most every common disease . . . equires practically no care at all. You simply plant it nd forget it . . . it's as simple as that.

**A TOWER OF BEAUTY IN JUST ONE SINGLE YEAR!**

es, who says you have to spend a small fortune for a owering shade tree? — and then spend half a lifetime aiting for it to grow? It used to be that way — BUT OT ANY LONGER. Not since we have finally tracked down the one single tree in all of nature that hoists itself high, so fast you can literally measure the difference in both height and spread from week to week . . . or take a yardstick and measure the incredible difference in feet from month to month!

**GROWS IN ANY SOIL — REQUIRES NO SPECIAL CARE — SOARS INTO A MASTERPIECE OF LUSH, GREEN BEAUTY IN JUST A MATTER OF MONTHS!**

Best of all, unlike most trees that demand constant pampering . . . the only thing you can do when you plant Paulownia is water it and enjoy it. That's why leading botanical gardens . . . landscape artists . . . garden editors . . . recommend it again and again for home-owners who want a stunning display of both beauty and shade . . . and with practically no more work than a couple of sprinkles a season.



How's this for a natural archway in front of your driveway — twin towers of flowering beauty in less time than you ever dreamed possible.



Picture your patio bathed in the cool, fragrant beauty of this show-stopping miracle-tree from early spring to the first snows of winter

**VITAL STATISTICS FROM LEADING EXPERTS**

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**MATURE GROWTH SPREAD** — 35 to 50 feet

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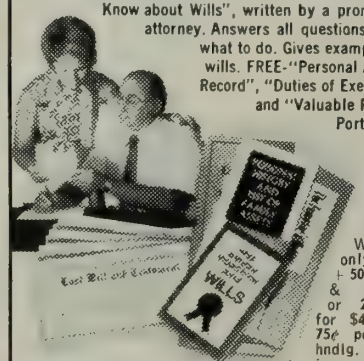
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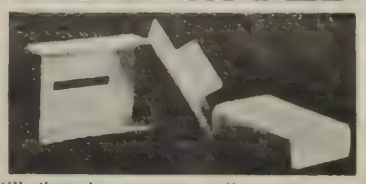
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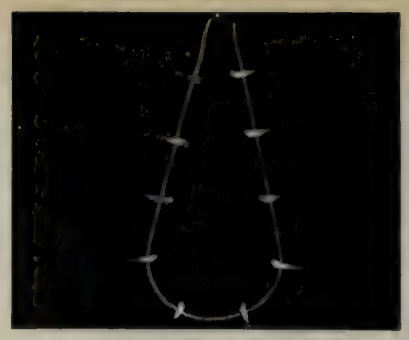
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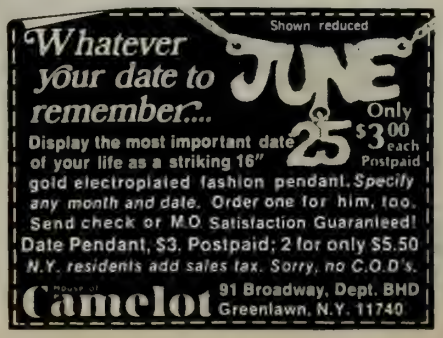
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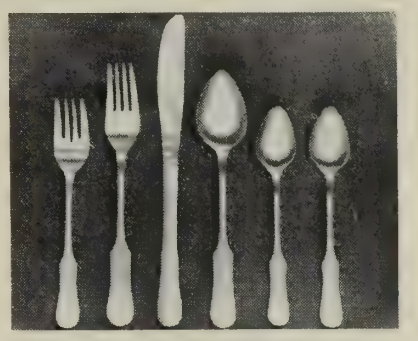
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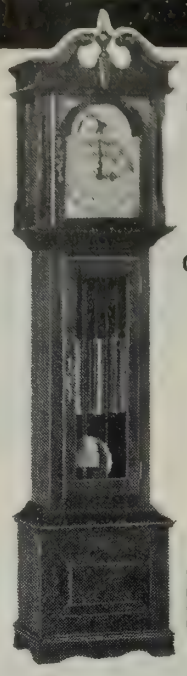
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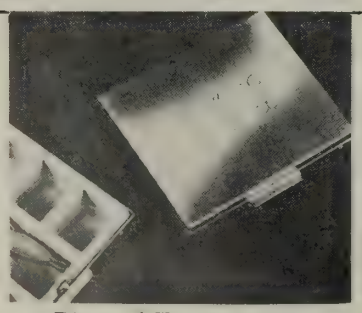


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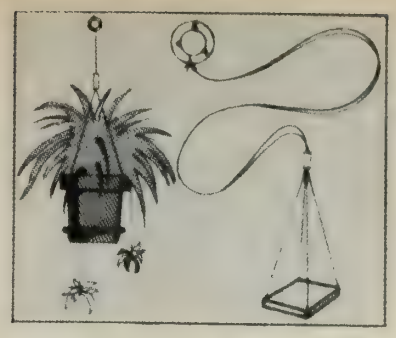
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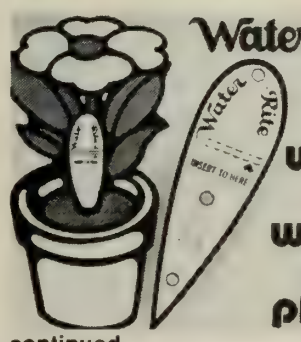
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**Water Rite tells you when to water your plants**

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The Leaf of Life is so amazing the Yogis of India believe that these mystical leaves possess the Secret of Life.

Wherever a leaf falls, a new plant starts to grow . . . on air, water, or soil.

Yes, the Leaf of Life can start to grow on air alone. New plants grow from the edges of each leaf.

After it starts, put the leaf in a pot. The bigger the pot, the bigger the plant will grow — from one to six feet tall. You can have the size you want and it grows in sun or shade.

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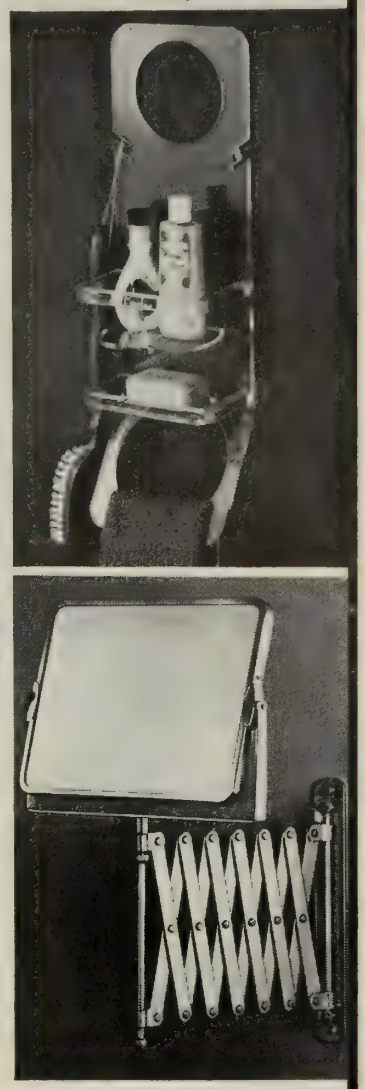

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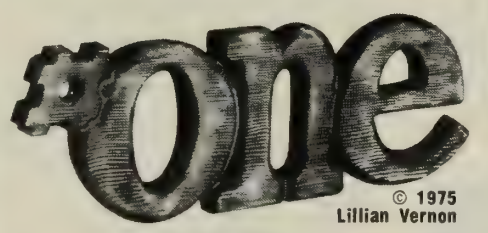
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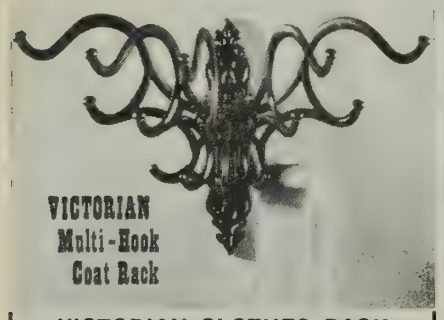
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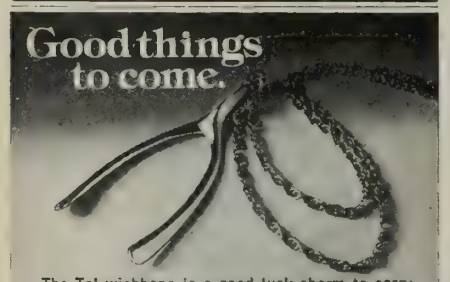
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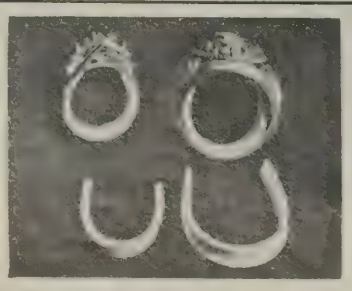



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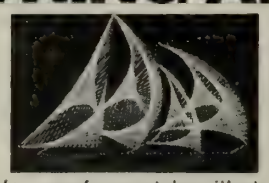
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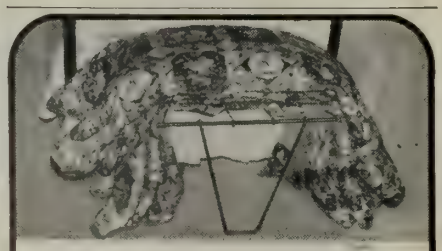
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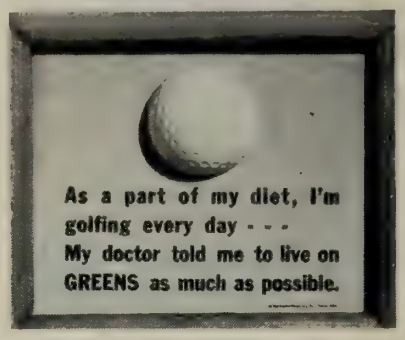
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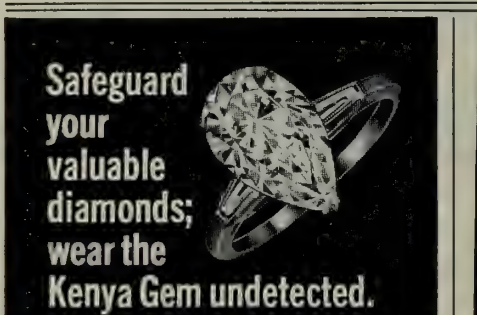
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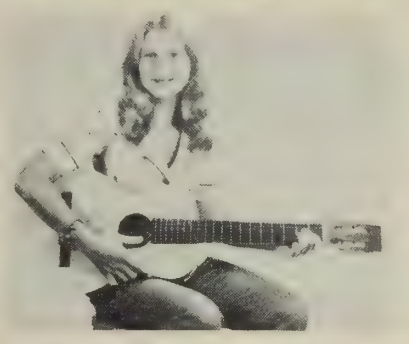
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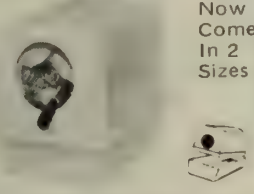
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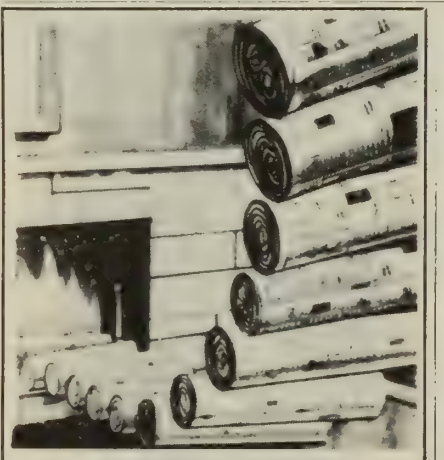
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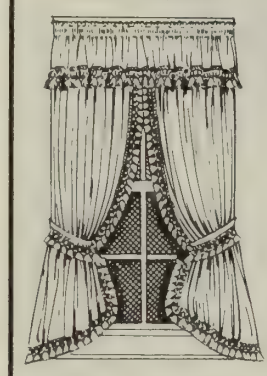
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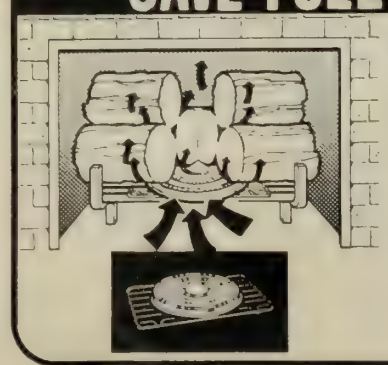
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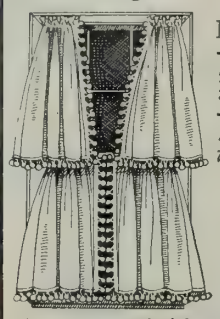
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**Natural or White**

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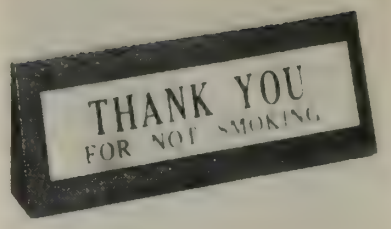
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Peoria, Illinois 61632

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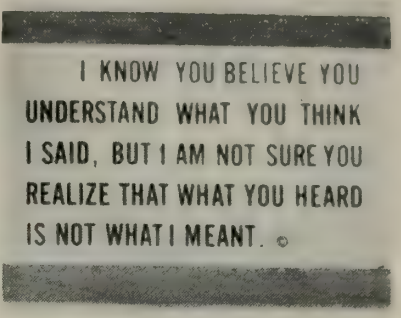
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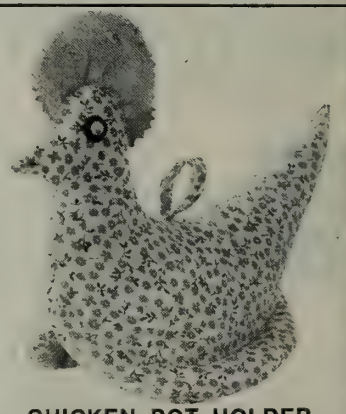
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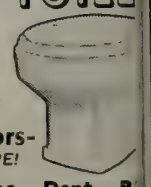
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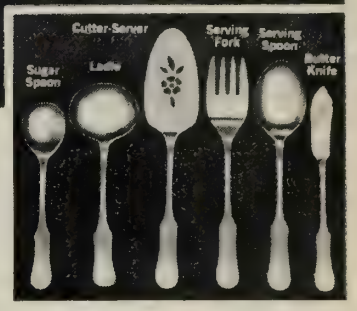
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continued








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***48-Piece Service For 8***
***Plus FREE 6-Piece Hostess Serving Set***
***NOT $39.95! NOT $29.95! ONLY $17.76***

To celebrate the 200th Anniversary of our country, we are offering the famous Fiddleback Flatware in magnificent, satin-finish stainless steel at just a fraction of what you would expect to pay for such a luxurious matched set. Imagine! 48 piece service for 8 plus a FREE GIFT of 6 Fiddleback Serving Pieces — 54 pieces in all and all for the incredibly low price of ONLY $17.76!

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**CROWN-CASTLE, Ltd., Dept. FB-42**
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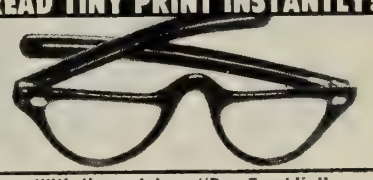
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**$6.25 ppd**



Converts from handbag to shoulder bag, 10"x12" with 5 big pockets. Zipper closing. Soft, leather-look vinyl in black, brown, red, navy, white, bone. In blue denim vinyl, $6.95. Check or money order, prompt delivery and money-back guarantee. Distributors wanted. Color Catalog Free.

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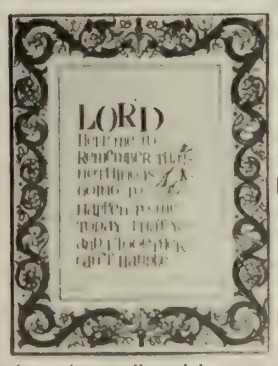
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**ERICOFON**
***The Modern Telephone***



This famous telephone, is modern, new, lightweight and one piece. Lift it, it is ready to dial, the dial is cleverly fitted on the bottom of the phone, and so is the shut-off. When it is sitting on your desk or table you can't see the dial. Set it down and communication is shut off. It is a complete self contained unit, a marvel of the modern age, fitted with a standard plug it is ready for instant use. Functionally equivilent to and interchangeable with any standard phone regardless of system used. ERICOFON is the stylish phone. Available in the color of your choice to fit your decor—red—white—ivory—beige—green—yellow–grey–pink–aqua (give second or third choice).

**$39.95** no ringer **$49.95** with buzzer **$59.95** with tweeter

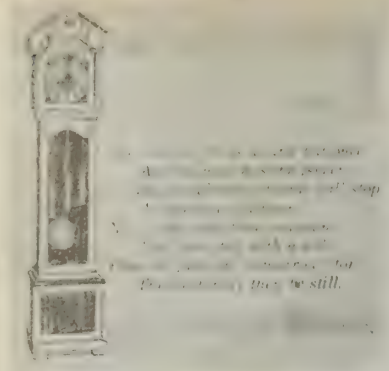
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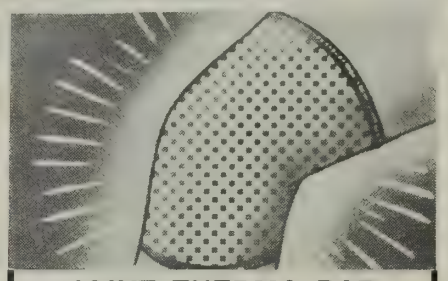


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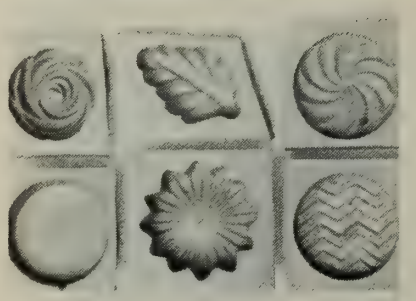
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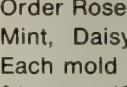
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A must for every jewelry collection, this Genuine Gem Amethyst 18″ necklace is totally hand made, hours of hand polishing make the rich violet hues shine with sunlight to enhance any wardrobe. These retail at $65-$100 (If you can find them!) but being the largest suppliers we are making them available in limited quantities at only **$12.50** each plus .90 postage (limit five necklaces per person).

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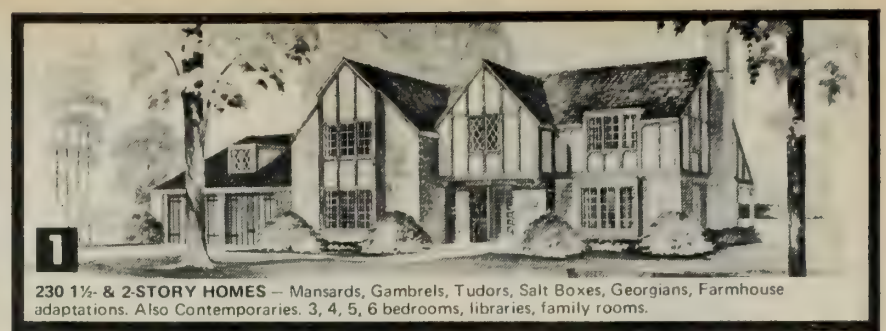
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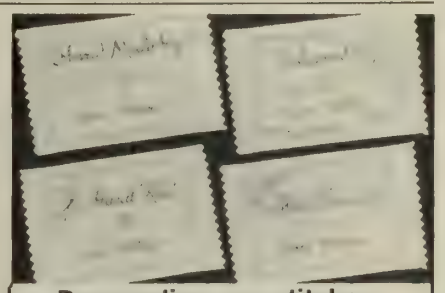


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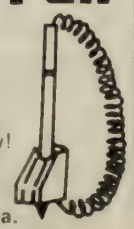


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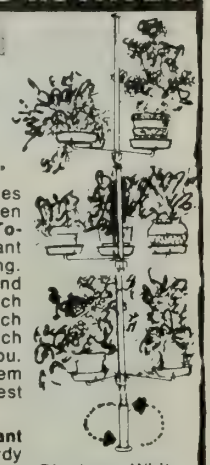
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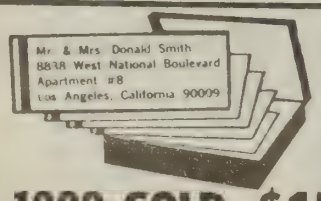


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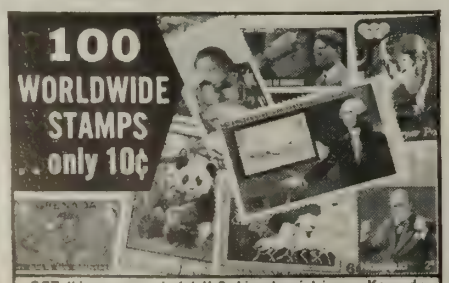



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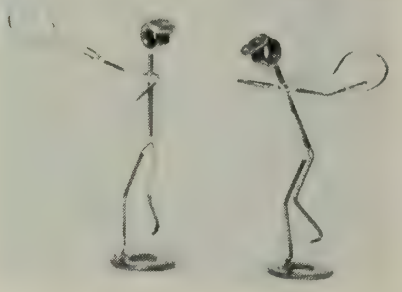
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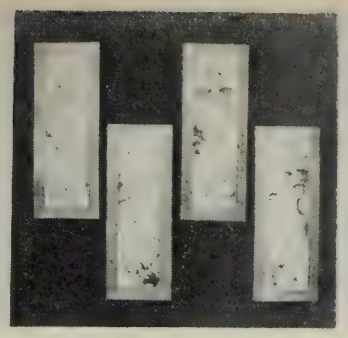
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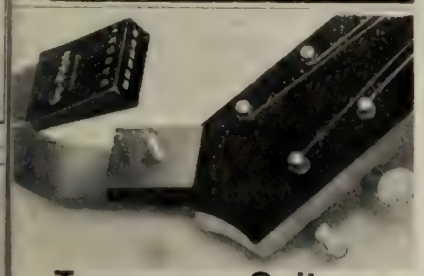
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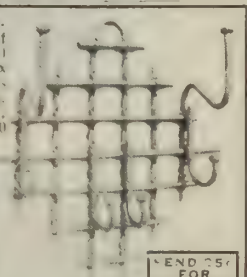
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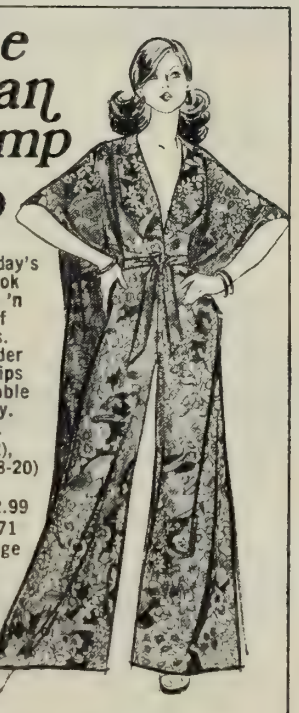
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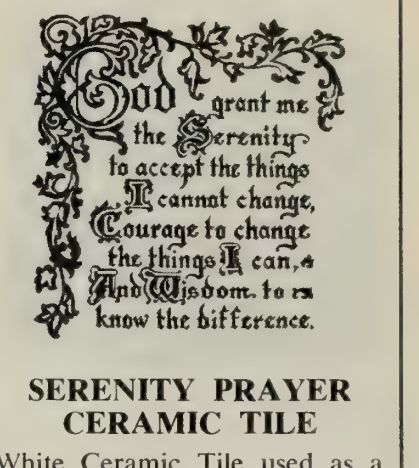


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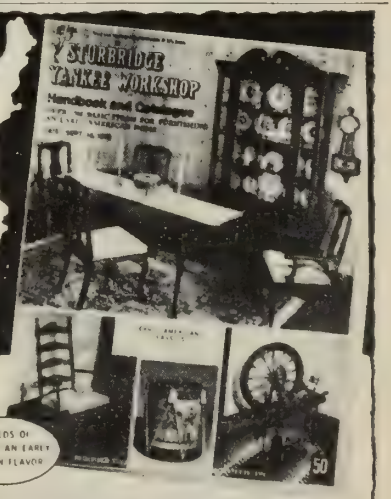
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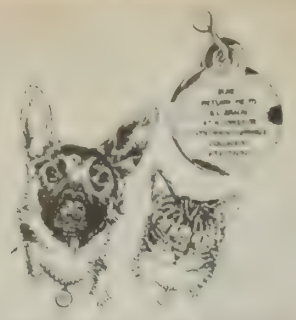


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Replaces the high-chair yet costs so much less! Clamps securely to table or counter . . . great for travel . . . and held firmly by baby's own weight. Baby cannot climb or fall out! It allows him to eat at the table with family. Grandma can keep one at her house for visiting days. Made of sturdy steel and plastic. For up to 4 years.

#19-2 Baby Safety Chair **$9.98**
+ $1.79 P&H. Ill. Res. add 5% Tax
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**HOUSE OF MINNEL**
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WEST-BERG ENTERPRISES, LTD.
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Neat way to store a complete dinner service for eight. Saves valuable cupboard space. Prevents chipping and breakage. All metal caddy with soft vinyl cushioning. Stores 40 pieces—8 each cups, saucers, soup bowls, dinner plates and dessert plates. Use for your best china, or everyday dinnerware! 9" high x 11¾" across.

**$3.95 plus 75¢ postage**

*Write for FREE catalog of gifts.*

**HOLIDAY GIFTS**
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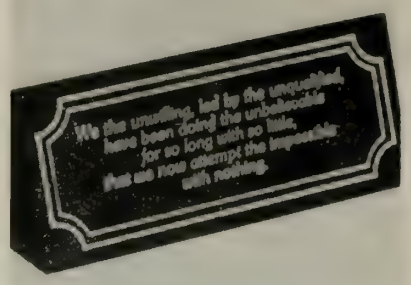
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**CLASSIFIED** guarantees refund of any initial money sent in direct response to the above ads. B-3.



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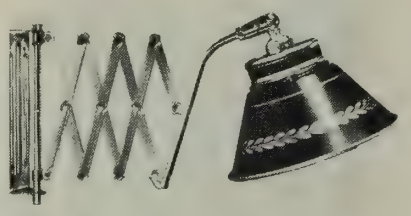

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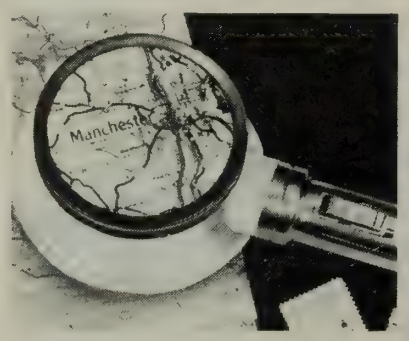

## Sneakers to embroider

The kit includes: design on ho spun, (name & date of your cho yarns, needle and complete instr tions. Finished size: 5" x 7", spe red or blue. $3.95 plus 45¢ posta Walnut frame $3.95 plus 45¢ p age. Order from The Stitch BHG3, Wellesley Hills, Massac setts 02181.



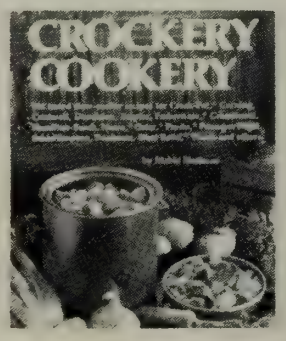
## Pin up a lamp

It's perfect for study, sewing bedtime reading. A petite pretty toleware, hand-decorated st Brass finish scissor adjusts 3 from the wall and swivels 180°. gold, ivory, black, red, olive $19 + $1.55 post. Order from Yi House, Dept. D63X, North Conwa New Hampshire 03860.




## Magnifier plus light

A marvelous reading aid for menu phone listings, newspapers, exa ine stamps and coins etc. Giant si 3½" lens plus built in light to e large and illuminate at the sam time. Takes 2 "C" batteries (n incl.) Buy several for home, offic etc. $6.98 + 50¢ post. Holiday Gift Dept. 403-N, Wheat Ridge, CO 8003




## Crockery cookery

A cook book that tells you how t create gourmet meals with slo crockery cooking. Rib-stickin stews, hearty soups, tasty meat poultry and vegetable dishes; Ter yaki Steak etc. 176 color pgs paperback $5.45; hardback $7.4 ppd. H. P. Books, Dept. BH-36, P.C Box 5367, Tucson; AZ 85703.

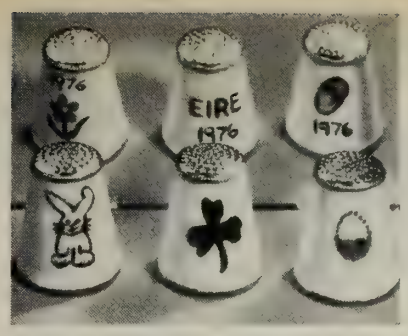


## Modern standard telephone

Perfect for guest room, this lat model factory rebuilt telephone i ready to use with a regular cord an plug. In white, ivory, green, beige pink, red, blue or yellow. $23.95 + $2 post. Catalog of decorato phones 50¢. Order from Gran Com. Inc., Dept. BHG-3, 324 Fift Ave., New York, NY 10001.

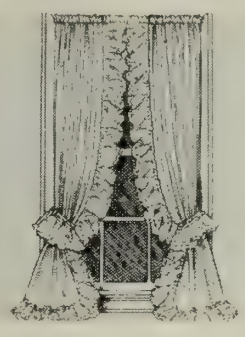
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### llector's goodies




l-enameled by American Artists; plated thimbles to delight any nstress or enhance a collector's f. #3964, St. Patty's Day, #3965 rful Easter Basket motif, #3966 er Bunny, $3.95 each, 3/$11.50 . Catalog 50¢ The Sewing Cor- Dept. BHE-36, 150-11 14th , Whitestone, NY 11357.

### sIin ruffled curtains



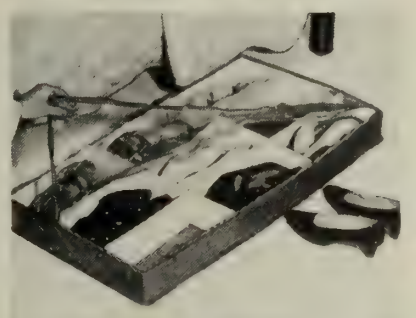
iron, extra-wide 86" to the pair. uffles, 50% polyester, 50% cot- In Natural or White, machine h & dry. 45", 54", 63", $13 pr.; , 81" 90", $15 pr. Tiebacks in- ded. Valance 11" x 72" $3.50 ea. alog. free. Add $1.50 post. Colo- Maid Curtains, Dept. BH-3, Lawn ace, Mamaroneck Vlg., NY 10543.

### ir today-gone tomorrow



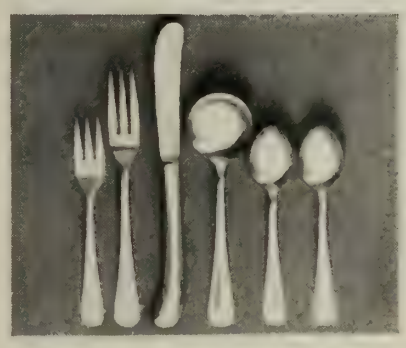
ctrolysis a method of permanent removal. Perma Tweez removes from face, legs, body in the pri- y of your home. Special U.S. ented safety feature destroys r root without puncturing skin. .95 ppd. Order from General dical Co., BHE-4, 5701 W. Adams d., Los Angeles, CA 90016.

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ve space with this handy shoe rdrobe; 9 divided compartments d shoes dust and scratch free. e under bed, on closet shelf in attic etc. Of heavy gold-tone yl; 3 side zipper, 36" x 18" x 4" h; $3.99 ppd. Order from Walter ake, BH 22 Drake Building, Colo- do Springs, CO 80940.

### stol-grip stainless steel



thentic Early American pattern agnificently reproduced. Luxuri- s 50 piece set features genuine llow-handled pistol-grip knives d 3-tined forks. You'll set a truly egant table. $22.95 plus $2 post- e. Order from Crown-Castle, Ltd., pt. PGS-522, 51 Bank Street, amford, Connecticut 06901.

### ounds of U.S. coins + gold



oins sold by the pound. 30 to 150 ars old, may include Indian & ncoln cents, 2¢, 3¢, silver dollars c. Sacks of 1 pound or more in- udes a gold piece of the world. ½ . $8; 1 lb. $15; 2 lbs. $28; 5 lbs. 0; 10 lbs. (+ 2 gold pieces) $99; $1.50 post. Centre Coin Co., Box B, Sherman Oaks, CA 91413.

### irst love—prints



amous children's painter W. M. tto has surpassed himself with ese beautiful portraits of "First ove". In full glorious color, each rint is 9" x 12". On fine quality art ock, ready to frame. 4/$1; 3 sets/ 2; plus 25¢ postage per order. merican Consumer, Dept. OTT-18, aroline Rd., Phila., PA 19176.







# Skiing Fever Sale!

on name markers for mailboxes, lampposts & lawns

order before April 30th
save $2.00
order before May 31st
save $1.00

we ship in 48 hours/satisfaction guaranteed or your money back

Spear DAY-n-NIGHT MARKERS

LAMP POST & WALL MARKERS *for home or office*




STYLE BR $6.95 STYLE EB $8.95 STYLE NB $9.95 STYLE OB $11.95

MAILBOX MARKERS *fit any curb style mailbox*




STYLE M $5.95 STYLE MF $6.95 STYLE EM $7.95 STYLE NM $8.95 STYLE OM $9.95 STYLE NOM $12.95

LAWN MARKERS *hundreds of uses*




STYLE L $6.95 STYLE LF $7.95 STYLE EL $8.95 STYLE NL $9.95

Along about this time of the year, a lot of people get skiing fever, so we're having a skiing fever sale! Here's how it works. If you order before April 30, deduct $2.00 per marker. Or, if you prefer, go skiing for a while and order before May 31 and deduct $1.00 per marker. If you hurry, you'll save more, but either way, you'll save money!

*Spear name markers are a thoughtful personalized gift for anniversaries, housewarmings, and many other occasions. Order today!*

- Any wording you want, same wording on both sides. Up to 17 letters and numbers on long (18") plate; 6 on short (7") plate.
- White raised letters on black background for easy reading. Reflector beads on letters are readable in headlights at night — just like highway signs!
- Each marker made of rustproof aluminum for years of carefree use.
- Easy to install. Meets U.S. Postal requirements. If you move, replacement plates always available.

**THE SOONER YOU ORDER – THE MORE YOU'LL SAVE!**
48-hour shipment — satisfaction guaranteed or your money back.

If you wish to use your charge card, please fill out appropriate boxes below:

☐ master charge BANK AMERICARD ☐

Expiration Date Month/Year
Master Charge Interbank No.
Credit Card No.

SINCE 1949 SATISFACTION GUARANTEED OR YOUR MONEY BACK WE SHIP IN 48 HOURS

Spear ENGINEERING COMPANY
Box 7025, Dept. 4961, Colorado Springs, Colo. 80933

| STYLE → | | ANY WORDING YOU WANT |
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RUSH PHONE SERVICE: To place BankAmericard or Master Charge orders only, call (303) 471-9850 (no collect calls, please) between 8 AM and 4 PM MST Mon. thru Fri. Ask for Lou in the Phone Order Department

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PRICE $
ADD POSTAGE & HANDLING
REGULAR 95
FASTEST $1.60
LESS $1.00 or $2.00 see*
TOTAL

*IMPORTANT – Deduct $2.00 from the price shown if order postmarked before Apr. 30, 1976; Deduct $1.00 if order postmarked after Apr. 30, but before May 31, 1976.

EARN EXTRA MONEY FAST by selling our products. Write for details.

SKIING FEVER SALE! YOUR NAME WITH PRIDE SKIING FEVER SALE!

# The Man Next Door®

Dr. Bob Hannelly admits that babies don't really need that traditional slap on the rear when they're born, but he suggests that it does give them some forewarning of what the rest of their lives may be like.

---

One of our state's traffic engineers reports that a two-year study of problems on the streets and highways has developed convincing evidence that automobiles are not afraid of people.

---

The little kid down the block is so dissatisfied with the babysitters his parents hire that he's threatening to lodge a complaint with the Office of Consumer Affairs.

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I tried out Burt Jr.'s ten-speed bicycle the other day, and I was impressed, since my old bike has only two speeds—uphill and down.

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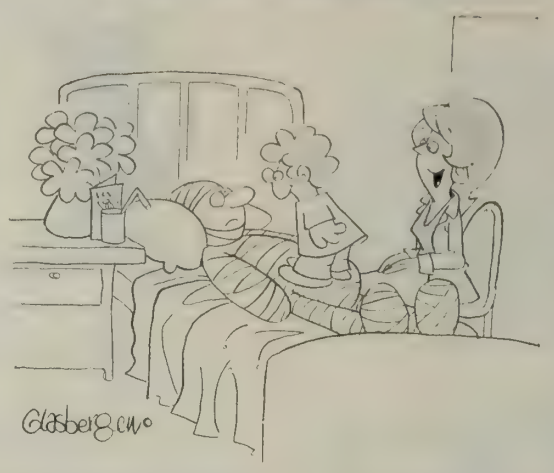
Uncle Dodd Buckner acquired several books a few years ago on how to occupy his leisure time, but he reports that so far he's been too busy to read any of them.

---

Lee Bayless confides that he firmly believes in not putting off until tomorrow what can be done today, especially if doing it today will allow him to work at overtime rates.

---

I mentioned to Christine that it might be wise to install one of those alarm systems to protect our possessions, and she suggested that we also include a siren on the refrigerator door.



*"Don't be such a spoilsport, Howard. Go ahead and give him the mummy's curse."*

Our Rosemary writes from college that she doesn't have much hope for her roommate's newest romance. She's majoring in home economics with an emphasis on budgeting, while he's studying political science and the art of deficit spending.

---

Dr. Bob Hannelly says one of his toughest jobs these days is convincing a skeptical patient that medical computers can help prolong his life while at the same time another computer may be about to take his job.

---

"The trouble with too many young couples these days," declares the Rev. George Hall, "is that they are so concerned with involvement, commitment, and meaningful relationships that they are likely to forget they are married."

Elaine Cowen says that a mixed marriage these days refers to nuptial ties between a smoker and a non-smoker.

---

Congressman Nick Hanfli agrees that our nation needs a strong intelligence-gathering system, but only if we employ an adequate amount of the same commodity in putting it to use.

---

"The trouble with most tax loopholes," declares grumpy Ned Carter, "is that you don't find out about them until they don't apply to you anymore."

---

Christine employs several tactics to guard against the dangers of impulse buying, including not letting me go to the supermarket alone.

---

*When Dad Hillis, Bud, and I reached the clearing, we stopped and looked up at the abandoned old farm house. Its roof and two sides were caved in, and only its stone chimney stood straight.*

*"Sure looks different," said Dad.*

*He had returned for perhaps his last look at the place where he grew up, the few acres he still owned but had allowed to go fallow because they were so far away.*

*A land developer had made him a good offer and, although he hadn't told the developer, he had decided after much inner wrestling to accept.*

*Vines almost covered the house. A chipmunk scurried across the yard, where children used to play.*

*We wandered behind the house. Almost as though he were introducing two friends, Dad took Bud to the spring still running clear from the side of the hill.*

*A covey of quail flew up from the grass.*

*At last we started back to the car, using the old road instead of the logging trail by which we had entered. A cowbell tinkled in a nearby pasture. A rooster crowed in the distance.*

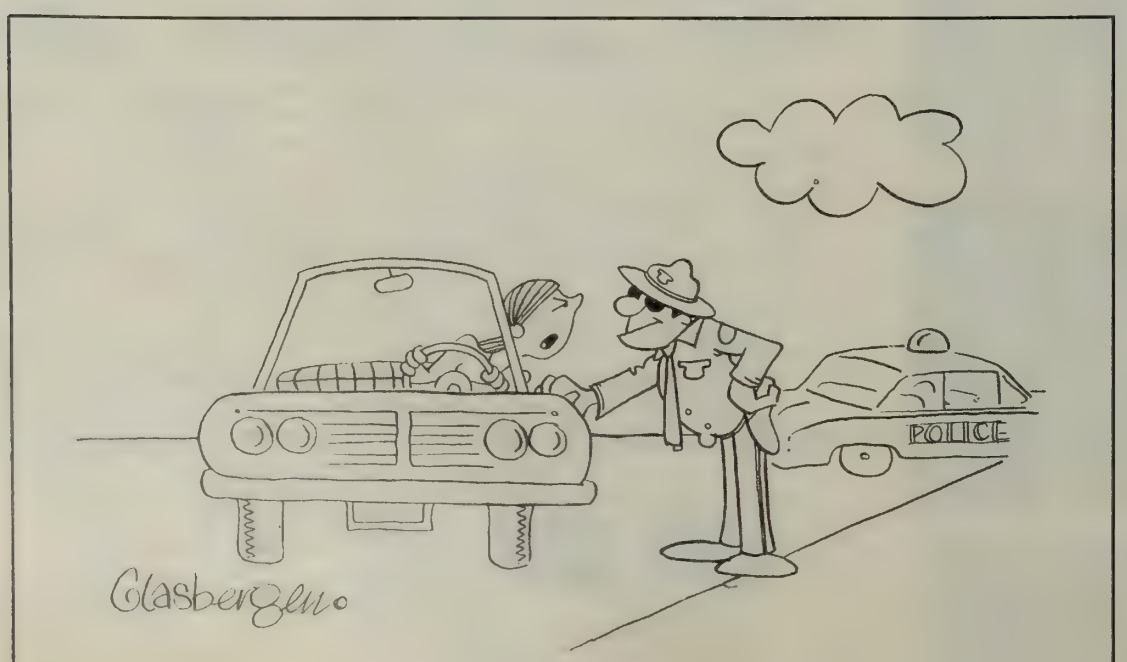
*Except for these sounds, the earth was hushed. Suddenly, only a few yards from us a doe led a fawn across the road, paused to look at us leisurely, and then bounded out of sight.*

*As they left, Dad Hillis shouted: "I can't do it."*

*Bud and I looked at him, startled. "Boys," he said, as though Bud and I were the same age, "I've made up my mind. I'm not going to sell. Sure, I could use the money, but I'm not going to sell.*

*"I have too many memories still living here," he said, "and too many friends."*

Burton Hillis

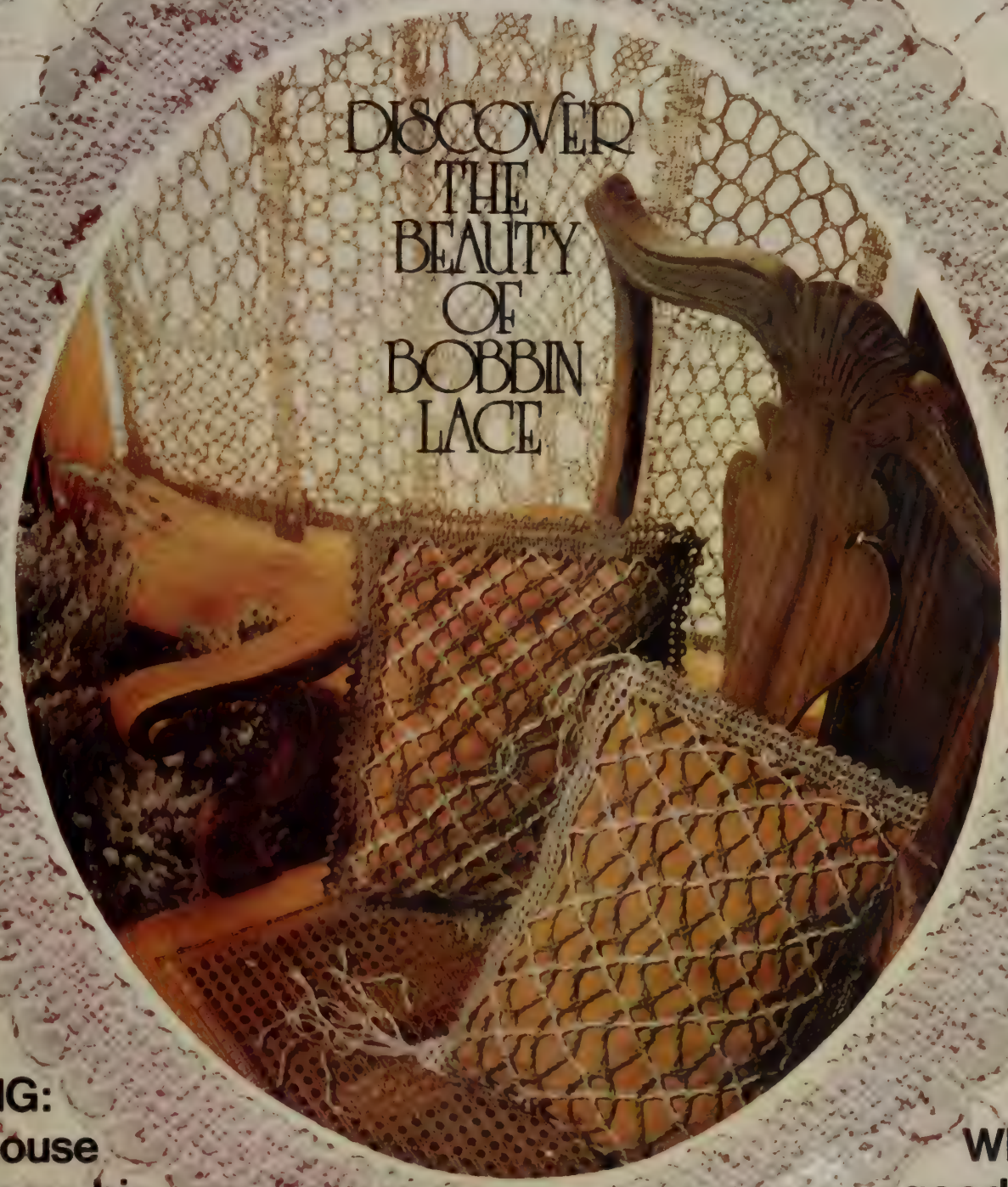



*"You're pretty good at chasing cars.*
*How are you at playing dead and fetching sticks?"*

CIRCULATION 8,000,000
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# Better Homes and Gardens®

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140055





# Thomasville recaptures the romantic past: The Portfolio Collection.

Portfolio—the elegant dining room and bedroom collection from Thomasville that blends the best design from three countries into one romantic look. Portfolio's classic flowing lines combine the accents of Italy with beautiful baroque details from Spain. And Portfolio's deep, rich carving could be only French in spirit. All three of these handsome design themes are brought into beautiful harmony by pecan veneers and solids in a sparkling fruitwood finish.

If you like the Portfolio dining room, look into our adjoining Patron living room for another romantic point of view. For names of Thomasville Portfolio and Patron dealers near you, call toll-free anytime: 800-243-6000. (In Conn., 1-800-882-6500.) And to learn how to make decorating beautifully easy:

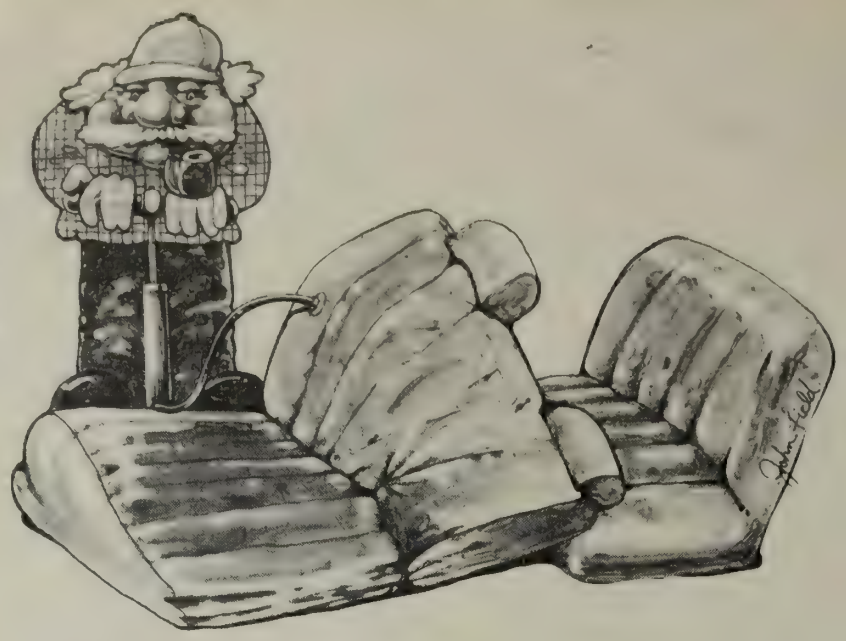
**Write for our Thomasville Homemaker's Guide.** Send $3, and we'll send you over 200 colorful, idea-filled pages for buying and decorating with fine furniture. Write Thomasville Furniture, Dept. BH-474R, Thomasville, N.C. 27360.

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FROM Armstrong CREATORS OF THE INDOOR WORLD®

CARS Douglas M. Lidster

# GIVE NEW LIFE TO YOUR CAR'S UPHOLSTERY



Torn or abused upholstery is as detrimental to the appearance of the *inside* of your car as rust is to the *outside*. Yet, of the two, the interior is much easier to maintain and, if necessary, repair. Preventive maintenance—keeping the interior clean and well conditioned—is neither time-consuming nor costly. In fact, there's really no excuse for neglecting good maintenance procedures.

On the other hand, if your upholstery suffers damage such as a cigarette burn, split seam, or tear, the course of action you choose depends on how much you value your car. If it's an old junker that's seen better days, you may decide to make a quick, crude repair, or ignore the damage completely. Conversely, if the car is in good shape, and you intend to keep it that way, chances are you want to repair the damage properly. Regardless of treatment, here are some guidelines.

## VINYLS

Vinyl-coated fabrics are the most widely used car-upholstery materials today, mainly because they're rugged and do a good job of shedding stains. Vinyls do have at least two drawbacks, however: they tend to dry out and harden with age, and they're vulnerable to stress in extremely cold weather. But you can get good service from a vinyl interior if you care for it properly.

**Care and cleaning.** Because vinyl-coated fabrics are impervious to most stains, you can wipe up most spills with a cloth. However, if you've allowed your vinyl interior to accumulate a layer or two of dirt and assorted stains, remove them by using lukewarm water and only the suds from neutral soap worked into a piece of gauze or cheesecloth. Never resort to abrasive detergents or harsh chemicals.

Several manufacturers of car-care products market vinyl cleaners and conditioners. The conditioners, most of which contain silicones or other ingredients that leave a dirt-shedding film, also penetrate into the pores and keep material flexible. Occasional application of a good conditioner can prolong life of most vinyls.

**Color renewal.** Some automotive supply outlets and mail-order houses sell special vinyl coatings that can either renew or completely change the color of vinyl upholstery. The more expensive solvent-based products—some sold in aerosol cans, others for use in standard spray equipment—actually bite into the vinyl and become part of it. Most aerosols do a good job, provided you clean the upholstery thoroughly first.

**Repairs.** As mentioned earlier, your course of action depends on how much you value your car. If you decide to repair the damage—and tackle the job yourself—consider these three alternatives: (1) undersurface patch, (2) air-dry liquid vinyl, (3) heat-cure liquid vinyl.

An ***undersurface patch,*** the least expensive of the three alternatives, is simply a piece of vinyl fabric slipped under the tear or burn and glued in place with trim cement or neoprene adhesive. (For the best match, use a piece of excess fabric salvaged from under the seat.)

*Air-dry liquid vinyl,* a clear repair material, is available at mass merchandising stores and auto supply outlets. Average cost is $2 for 1¼ ounces. Though not a glue, air-dry vinyl can form a relatively permanent weld in some places. It's not too effective in stress areas (i.e., middle of the seat section where the driver sits), but does a good job on seat edges that have separated.

To use air-dry vinyl, first clean the area, then carefully spread some vinyl over the damage and work out any air bubbles with your finger; allow the vinyl to dry, then add other coats, if necessary, until the area treated is even with the surrounding material. The repair should dry in two to three hours. To handle a long tear, hold it together by applying a few short strips of masking tape at right angles to the tear; treat the areas not covered with tape, allow them to dry 30 minutes, then remove the tape and finish the repair.

*Heat-cure liquid vinyl,* the most effective of the do-it-yourself repair techniques, is available primarily through major automotive mail-order firms. This product differs from air-dry vinyls in two important ways: (1) it allows you to match both the color and grain of the material to be repaired, and (2) it's cured by heat—the same way your vinyl upholstery was originally produced. The basic kit, retailing for under $5, includes several containers of colored vinyl, another of white vinyl, and a packet of graining papers. (The white can be mixed with the base color to lighten it, if necessary.)

Simply stated, the repair process consists of inserting a piece of backup cloth under the damaged area, color-mixing some liquid vinyl and applying it to the area, placing a piece of graining paper (there are several designs to choose from) on top of the vinyl, and applying a preheated iron to the paper for roughly 40 seconds. (More expensive kits provide more colors, so you can match tints, plus a special curing iron that does a more precise job than a standard hand iron.)

Whichever repair system you decide to use, *be sure to test it first* on a piece of scrap material. In fact, you may want to make two or three practice runs.

## FABRICS

Cloth fabrics are being used in auto interiors more now than a few years ago, mainly in combination with vinyl fabrics. The fibers are usually synthetics—either rayon or nylon—and they're much more difficult to

**continued on page 24**

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Armstrong answer:

# What keeps a Solarian® flo shining?

First of all, Solarian is b to shine. Its special Mirabo wear surface combines a h gloss with greater wear res ance. This helps Solarian shi without waxing or buffing, longer than ordinary vinyl flo

**The cleaner you keep the brighter it shines!** Inste of adding a shine with wax, y keep Solarian bright by cle ing it. Dirt buildup or deterge film can make the floor appe to have lost some of its gl when, in fact, the shine is ju hidden. And when Solarian kept clean, those pesky bla heel marks from children's sho will come off easier.

**What's the best way clean Solarian?** Use a go sponge mop and a solution general-purpose detergent, pres ing hard enough to loosen di in the embossing. Rinse ea area with clean, warm wate even though labels on most d tergents say, "Don't bother Rinsing is almost as importan as mopping . . . since detergen film can pick up dirt that wi dull the shine.

**Protection is important too.** Though Solarian is tough loose dirt and moving furnitur can still cause wear that will dul the shine. So between moppings it's a good idea to sweep o vacuum your floor regularly Place a doormat at every out side door to reduce tracked-in dirt. And it's best to put floor protectors on the feet of slid ing chairs.

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Compare the depth and realism of Inlaid Color in Designer Solarian side by side with all the other no-wax sheet floors, with their "printed-on" designs. You can't miss the difference.

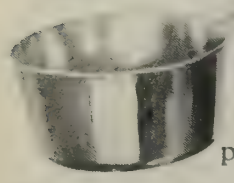
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Even our best no-wax floors may eventually show some reduction in gloss where foot traffic is heaviest. So, if you ever need it, your retailer can supply a special Solarian Floor Finish, which can be applied occasionally to maintain the shine.

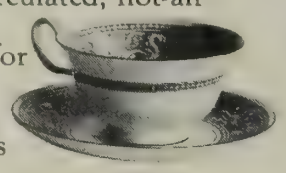
For complete color brochures and maintenance instructions, write Armstrong, 7604 Elm Street, Lancaster, Pa. 17604. We'll also list your nearest Armstrong retailers. Or, find them in the Yellow Pages under "Floor Materials." Many are authorized "Floor Fashion Center®" retailers, offering the best in selection and service.

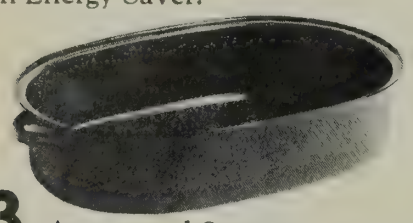
# 5 reasons your next dishwasher should be a KitchenAid.



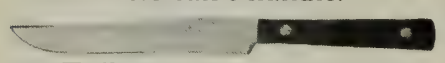
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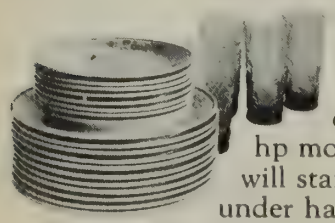




**3.** A patented 9-position upper rack that lets you load big or odd-shaped items many other dishwashers can't handle.

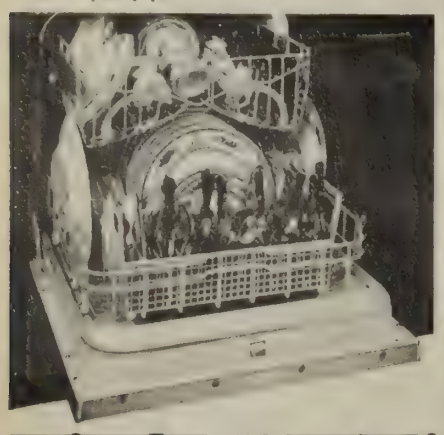


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# Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES — APRIL, 1976; VOL. 54, NO. 4



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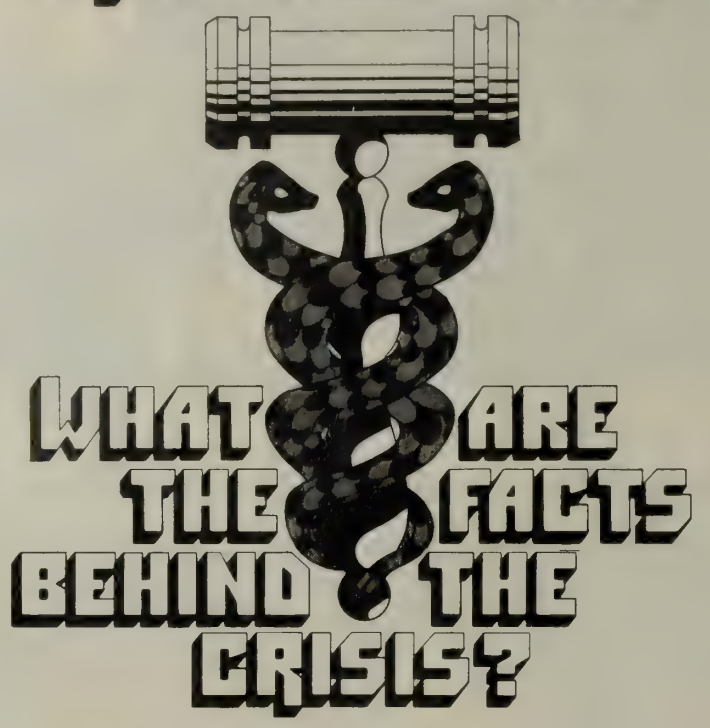



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# MEDICAL MALPRACTICE: WHAT ARE THE FACTS BEHIND THE CRISIS?



Doctors blame the crisis on money-hungry lawyers and on patients who expect modern medicine to guarantee perfect results every time.

Lawyers contend malpractice suits are increasing because patients today are less hesitant to take negligent doctors to court.

Insurance companies blame overly generous juries and a legal system they say is tilted against all defendants, including doctors.

The one thing everyone agrees on is that there is a runaway increase in the number of Americans who are suing their doctors and, in many cases, the hospitals and nursing homes where medical services are provided.

The increase in malpractice suits stems at least partly from the fact that courts in recent years have taken a broader view of what constitutes negligence by a doctor. Malpractice suits are no longer limited to such glaring errors as the surgeon who operated on the wrong patient or who read the X rays backward and removed the healthy kidney instead of the sick kidney. Doctors are increasingly being held responsible for errors in diagnosis and treatment where the courts have held, in effect, that the doctor "should have known better" —or should have warned his patients more clearly about possible adverse side effects or risks involved in surgery or treatment.

Even if you never have cause for a claim against a doctor or hospital—and the vast majority of families never have and never will—the current crisis in medical malpractice is nonetheless affecting both the cost and the quality of the health care you receive. And some of the "solutions" proposed may come perilously close to tampering with your basic legal rights.

Here are some of the facts you should know about the problem, its causes, and possible solutions.

## The number of medical malpractice claims against doctors and hospitals has soared.

From 13,000 in 1970, the figure has grown to this year's expected 25,000. In some states, the number of suits is increasing at a rate of from 15 to 25 percent each year. A major insurance company reports that one out of every seven doctors it insures currently has one or more malpractice suits pending against him.

There's also evidence that juries *are* being more generous to victims of alleged malpractice. While the average claim is settled for less than $10,000, usually out of court, the average jury award now exceeds a staggering one-third of a million dollars—more than triple the level of five years ago.

Even $1 million-plus awards are no longer a rarity. Juries have granted ten times as many such awards since 1970 as in all the years before then. In California, awards of this amount were being made on an average of once a month.

Faced with sharp increases in both the number and size of awards, insurance companies have demanded astronomical increases in the premiums doctors must pay to obtain malpractice insurance.

Doctors whose premiums previously ran several hundred dollars a year are now having to pay several thousand dollars. Those engaged in high-risk specialties—such as surgery, anesthesiology, and gynecology—pay far higher premiums. Rates are also higher in those areas of the country where malpractice suits are most frequent. For instance, the annual malpractice insurance premium for an orthopedic surgeon in Southern California is currently $36,000.

Even with new and higher premium rates, many insurance companies insist that the difficulty of forecasting the number and size of claims years in advance makes writing malpractice insurance a losing proposition. Many have quit selling it, and others have threatened to quit.

## Doctors counter by saying that without insurance they can't—and won't—practice medicine.

In protest against rising insurance premiums and threatened cancellations, surgeons and anesthesiologists in some areas have gone on strike, restricting their services to emergencies only.

Such actions and the fear of more to come have thrown state legislatures across the country into near panic. There's scarcely a state today where the medical malpractice problem isn't at or close to the top of the legislative priority list. Laws enacted in some states and proposed in others range from ways of "pooling" insurance coverage to methods of reducing the frequency and amount of malpractice awards.

In the long run, of course, it's neither the doctors nor the insurance companies—and certainly not the state legislatures—who pay the rising cost of malpractice insurance. As with any other cost of doing business, higher insurance rates are quickly passed along to patients in the form of higher doctors' charges, larger hospital bills, and hikes in health insurance premiums.

The cost of malpractice insurance this year will easily exceed $1 billion. By any measure, it's a poor investment. Studies show that an average of less than 25 cents of the malpractice premium dollar ends up being paid to injured patients (compared to around 50 cents for auto liability insurance and nearly 90 cents for health insurance). Most of the money goes to pay legal fees and expenses—for plaintiffs' attorneys and defense attorneys—and for the insurance company's assorted administrative costs.

## The high cost of malpractice insurance may be only the tip of the iceberg.

A far higher cost to patients is the cost of what doctors themselves concede is the widespread practice of "defensive medicine." A doctor explains it:

"Doctors today are a frightened profession. Every time a lawyer walks into my waiting room, I wonder if he wants medical help or a copy of a patient's records. The fear of a malpractice suit has become so great that most doctors are ordering costly X rays and diagnostic tests that there is little recognized medical need for—simply to defend themselves against a possible malpractice claim."

That such "defensive" practices have become the rule rather than the exception is confirmed by the report of an HEW Commission on Medical Malpractice. All things considered, the report stated, the malpractice problem is adding between $3 billion and $7 billion each year to the nation's cost of health care.

## Doctors and lawyers each have their opinion as to who the primary villain is. They name each other.

While the evidence suggests that both may have valid arguments, many of the underlying causes are not easily classified as wrongdoing or right doing. In many cases, they reflect changes not only in medical and legal practices but also in the attitudes of consumers of medical services—that is, patients.

For lack of any better method of classification, however, the causes behind the flood of malpractice suits divide most readily into those causes that are primarily medical and those that are primarily legal, according to ex-

**continued on page 10**



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# SX-70 pictures. $66

continued from page 6

# Medical malpractice

perts. And, obviously, there is considerable overlap between the legal and medical causes.

**One acknowledged cause of the medical malpractice problem is precisely that—medical malpractice.**

Among the nation's approximately 360,000 doctors, some small number are surely incompetent. Similarly, there are others whose medical ethics are at best questionable, as evidenced by the large number of unnecessary and sometimes risky operations performed each year. And there are still others whose substandard skills stem largely from having failed to keep abreast of advances in medical knowledge.

In the opinion of some experts, however, doctors who are incompetent account for much less malpractice than the far greater number of doctors who are *overworked*—either from necessity or from a desire to enlarge their incomes. A prominent attorney whose specialty is defending doctors in malpractice suits puts it this way: "Show me a doctor who continuously has six patients waiting in six examining rooms, who delegates his medical responsibilities to nurses and other aides without adequate supervision, and who is abrupt and even arrogant with his patients, and I will show you a doctor who is a prime candidate sooner or later for a malpractice suit."

Many other professionals who must make life or death decisions —commercial airline pilots, for example—are subject to strict limits on the number of hours they can work. But there are no such restrictions imposed on doctors. Fatigue contributes to accidents in any job, and the medical profession is no exception.

Incompetent or careless doctors are admittedly not the only ones who get sued. Indeed, doctors are quick to argue that it is often the best of their profession who find themselves the targets of malpractice charges. The reason is that these physicians and surgeons tend to handle the most difficult cases and perform the most risky operations. Even in the absence of any negligence, these cases involve the greatest chance of failures that could trigger a malpractice suit.

Are there more actual incidents of medical malpractice today than there were, say, five years ago (when there were only half as many malpractice claims)? There are no figures to either prove or disprove it. What is clear, however, is that patients today are much more prone to bring suit when they *believe* they have been injured by a doctor's mistakes. The reasons are partly legal and partly medical.

**Years ago, most patients had a close and friendly relationship with their family doctor. Suing him would have been the last thing to enter their minds.**

As that relationship has disappeared, so has the reluctance to sue. More and more patients today feel that they are treated like automobiles in a repair shop. They are shuffled from one specialist to another, kept waiting, dealt with impersonally by doctors who show few signs of really caring, and then sent a bill they consider exorbitant. Under these circumstances, if something goes wrong, they can't get to a lawyer's office fast enough.

Doctors counter with the argument that many malpractice actions result from a patient's unreasonable expectations. Medicine, they point out, is still more art than science. While new breakthroughs in treatment, surgery, and drugs offer a huge potential for saving lives and easing suffering, they do not come with guaranteed results, and they are not entirely without risks.

Patients today are too often influenced, it's claimed, by doctor dramas on television and by media reports of medical miracles. "If the results of their own treatment are any less effective," says a spokesman for the American Medical Association, "they jump to the conclusion that their doctor is either incompetent or has done something wrong."

Some doctors complain that malpractice suits often stem from their economic success. Patients struggling to pay their monthly bills have fewer qualms about suing a doctor they regard as too conspicuously wealthy.

**continued**





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continued

# Medical malpractice

**Many doctors charge that the real culprits behind the epidemic of malpractice suits are opportunistic lawyers.**

Doctors claim that these lawyers have discovered that suing doctors can be a source of sudden and substantial wealth. They point to legal seminars across the country in "how to win a malpractice suit" and to a growing number of firms that "rent" medical experts for courtroom witnesses in malpractice trials.

At the root of the problem, say some experts, is the contingency fee system of payment under which lawyers pocket between a third and half of whatever their clients ultimately collect in settlements or court awards. If the client gets nothing, the lawyer gets nothing.

Lawyers defend the practice of charging contingency fees on the grounds that it is "the poor man's key to the courthouse," arguing that persons with meager resources or whose assets have been depleted by illness or accident could not otherwise afford a long and often costly lawsuit. Moreover, since an attorney doesn't get paid if he loses, the contingency system is said to "screen out" cases where there is insufficient evidence.

This latter contention appears dubious. According to a recent authoritative study of lawyer's "off the record" opinions, only about one of every three malpractice suits brought against doctors and hospitals involves any provable malpractice. In the majority of these "non-meritorious" claims, patients' injuries are real but there is no clear evidence that they were caused by medical negligence.

Why then are suits such as these brought in the first place? A certain number are "nuisance" suits—usually seeking damages of only a few thousand dollars in the hope the insurance company will pay rather than go to court. Still other cases involve borderline legal or medical issues which lawyers are willing to gamble a sympathetic jury will resolve in favor of the injured plaintiff—particularly if the plaintiff's disabilities are dramatic.

Clearly, one factor behind the growth of malpractice suits—and in the opinion of some a major factor—has been the increased willingness of doctors to testify against other doctors. This may be due partly to a sense of "responsibility," but it is due also to the fact that most courts no longer require that a doctor's actions be judged solely by medical standards in "his own community." Lawyers who previously found it difficult and even impossible to persuade doctors to testify against colleagues in the same town or city—no matter how blatant the negligence—can today generally call on witnesses from other localities where the medical standards are deemed to be similar.

**Still another "cause" of the growing number of malpractice suits has been the willingness of courts to award damages to injured patients who were not adequately forewarned by their doctors of possible risks.**

It's not enough, many courts are saying, for the doctor merely to obtain the patient's consent to perform treatment or surgery. To avoid a possible negligence charge, it must be an *informed* consent. That is, the patient must be informed of any dangers.

Doctors rebut that strict adherence to such a requirement is unreasonable and unrealistic. Full disclosure of all possible risks could, in some cases, take hours, and in the end the patient may be too frightened to obtain treatment—even when the odds are overwhelmingly in favor of a successful outcome. It is further contended that there has been no case in which a doctor refused to give information requested by a patient. Such arguments notwithstanding, courts today are holding doctors negligent for not informing their patients of possible medical risks.

In this and in other areas, doctors complain that recent court decisions involving malpractice are unfairly vague, and that "negligence" often turns out to be whatever a jury decides it to be. Moreover, it's argued that juries in many cases are asked to resolve complex medical questions

**continued on page 16**

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continued from page 12

# Medical malpractice

that even doctors themselves are unable to agree on. All too often, especially in suits alleging that a doctor should have diagnosed a particular illness or should have informed a patient of a particular risk, the jury is confronted with the testimony of half a dozen medical experts who say one thing and half a dozen others who say just the opposite.

**"Res ipsa loquitur" is a Latin phrase meaning "the thing speaks for itself," but to the nation's lawsuit-weary doctors it translates into "guilty until proven innocent."**

Under the legal doctrine of *res ipsa loquitur,* courts are increasingly ruling that certain types of medical injuries can be automatically presumed to involve negligence unless the doctor can prove to the contrary. Under these circumstances, the plaintiff's attorney need not prove any negligence; he needs only to show that the injury occurred during the course of the doctor's treatment.

Not surprisingly, doctors and insurance companies don't like the doctrine of *res ipsa loquitur.* They say it's another in the growing list of reasons why patients are increasingly able to sue—and collect from—providers of health care. Similar legal doctrines are not applied to other providers of professional services.

Still another item on the same list is the length of a statute of limitations as to how many years after an alleged negligent act the patient may still bring suit. Even in those states where a time limit exists, it usually does not begin to run until after the patient has become *aware* of his injury. In some instances, this may be years.

Physicians and their insurers vigorously object to the resulting "open ended" liability. They argue that the resulting uncertainty as to the number and size of future malpractice claims is one reason current insurance premiums must be so high. Insurance companies favor a type of policy that would protect doctors only against *current* claims, not claims made in some future year. But doctors say this would force them to continue buying insurance years after they have retired from practice.

As if the list of legal causes were not enough, nearly every one criticizes the so-called and widely applied "collateral source" rule.

What it means, in short, is that a jury in a malpractice trial may not be told if or how much money the injured patient is collecting in compensation from other sources. The jury may thus be called on to compensate a plaintiff for his medical expenses even though these have been fully paid for by health or hospital insurance. The result, of course, is larger awards and higher malpractice insurance costs.

Finally, it needs to be noted that the sharp escalation in medical malpractice suits closely parallels an escalation in most other types of liability lawsuits as well. Americans, say observers of the contemporary social scene, are becoming increasingly "suit conscious"—due in part to a greater awareness of their legal rights and in part to the spread of consumerism. With the depersonalization of health care, more and more families today view medical services in much the same manner as a "product"—and if they are injured by it, they expect to be compensated. Suing their doctor or a hospital is often the only available recourse.

**Most proposed solutions focus on the legal—rather than the medical—causes of the current malpractice problem.**

Responding to fears that out-of-hand malpractice suits, generous jury awards, and skyrocketing insurance rates will ultimately curtail the availability of medical care, legislatures in one state after another have enacted or are considering legislation which aims to (1) make it more difficult for plaintiffs and their attorneys to prove negligence against doctors and hospitals, and (2) place ceilings on the size of awards and, in some cases, on the lawyer's slice of the total settlement.

Such restrictions are justified in the public interest, it's contended, because it is the public that ultimately pays the bills for doctors' malpractice insurance.

Actions to reduce doctors' potential liability include establishment of "reasonable" statutes of limitations, narrowing of the situations in which the doctrine of *res ipsa loquitur* can be invoked, and more clear-cut definitions of a doctor's responsibility to inform his patients of possible risks.

In a number of states, limits

**continued**

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continued

## Medical malpractice

of from $100,000 to $200,000 have been set on the maximum award that can be made to a single plaintiff from malpractice insurance. This is generally coupled with a provision that any award in excess of this amount be paid from a special state insurance fund financed by doctors and hospitals.

While such measures may, as intended, help to reduce the runaway costs of medical malpractice, many legal experts predict that some may be ultimately judged to involve *legislative malpractice*—to the extent that they tamper with the constitutional rights of persons seriously and permanently injured by negligence to obtain fair and just compensation in a court of law.

What's clearly needed in the long run are solutions which (1) protect the legal rights of *both* doctors and patients, (2) spare doctors the expense and trauma of unfounded malpractice suits and excessive claims for damages, (3) impose harsh sanctions against those few doctors who are consistently negligent, and (4) provide a more rapid and less costly way to compensate those patients who are negligently injured in the course of medical treatment.

**Happily, there are signs—many of them within recent months—of greater medical-legal cooperation in achieving these goals.**

Doctors, for example, are lining up behind legislation that would toughen state medical licensing standards and eventually help put incompetent and careless physicians out of business. There's likewise growing support for stricter reporting of malpractice offenses so that "repeat offenders" can be more readily identified and dealt with.

Lawyers, for their part, are conceding that some in their profession may be guilty as charged of excessive "ambulance chasing." There's been some softening, also, of the hard line against any meddling with the system of contingency fees. Many thoughtful attorneys now acknowledge that particularly in cases involving very large awards, too much of the money is often absorbed by legal costs. They admit, too, that the system sometimes works to the disadvantage of those injured patients whose potential awards are too small to interest a lawyer in handling their case.

Other steps are also being explored—for example, the establishment in more communities of panels of knowledgeable medical and legal persons to "screen" malpractice claims prior to litigation, and to recommend prompt settlement of those that appear to have legal merit. If the plaintiff chooses to reject the panel's findings and go to court, the findings—pro or con—can be introduced as evidence.

Arbitration of medical malpractice disputes is another approach that is being tried with apparent success in a number of communities. Under the usual procedure, the plaintiff selects one arbiter, the doctor a second, and the two arbiters choose a third. The parties to the dispute may—or may not—agree in advance to accept the decisions of the arbiters as final, but at least the dispute is reviewed by "disinterested" parties.

**The ultimate answer to the problem of medical injuries may lie in the establishment of a "no fault" system of compensation similar to workmen's compensation programs.**

Specific amounts of financial compensation would be set for specific types of injuries, with no need to prove that anyone was at fault.

Advocates of such an approach —in Congress and in the legislatures of a number of states— argue that an injured patient's need for financial compensation is the same whether his injury was caused by negligence or was merely the result of a medical misfortune.

Opponents of a "no fault" system of compensation insist that it would be far too expensive of a system to operate. Supporters answer that such a system need be no more costly than the present inefficient and often unfair methods of dealing with the growing problem of medical malpractice —real and alleged. ■




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Fiesta Bake starts with San Francisco's Rice-A-Roni

Prepare 1 pkg. Spanish Rice-A-Roni according to package directions using 2 (8 oz.) cans tomato sauce instead of whole tomatoes. Combine 1 lb. ground beef, 2 Tbsp. instant minced onion, 1 tsp. salt, ¼ tsp. pepper, 1 cup cooked Rice-A-Roni. Line 2 qt. baking dish with meat mixture; layer 1 cup crushed tortilla chips, 1 (2¼ oz.) can drained, sliced olives and remaining Rice-A-Roni. Garnish with whole tortilla chips. Bake at 375°, 35-40 minutes. Serves 4-6.




TRY THIS WINNER FOR DINNER—
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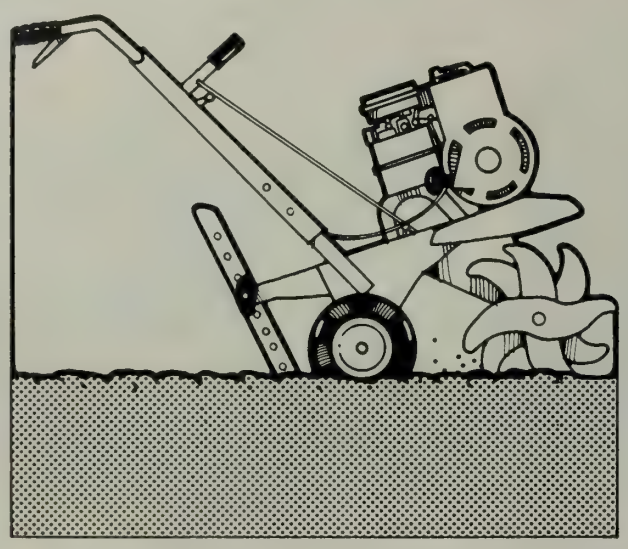



# HOW TO HANDLE A ROTARY TILLER

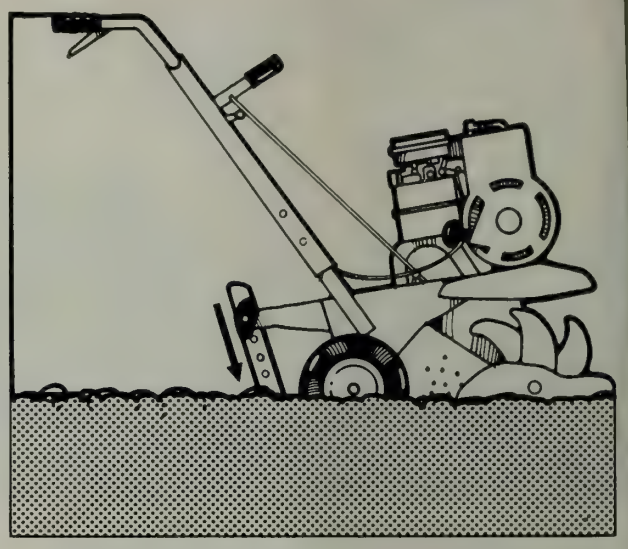
You may have been told some awesome tales by people who've had a bad experience operating a rotary tiller. Like the man who was dragged across his lawn because the tiller took off instead of digging in. Or the lady who tilled her entire yard instead of her tiny garden because she was reluctant to release her grip—and had to follow the machine until it ran out of gas.

Even though the machine does seem ominous to the beginner, operating a rotary tiller isn't really all that difficult. If you're planning to rent a unit (which you definitely should do before buying one), here's how to keep your tilling job from turning into a wrestling match.

First of all, read the instructions carefully and service the engine. Next, practice moving the tiller around in your driveway with the engine off. Try to get the "feel" of the machine: note how it's balanced, and familiarize yourself with all the controls. Then drag the tiller out into the yard (you'll find pulling it ten times easier than pushing it).



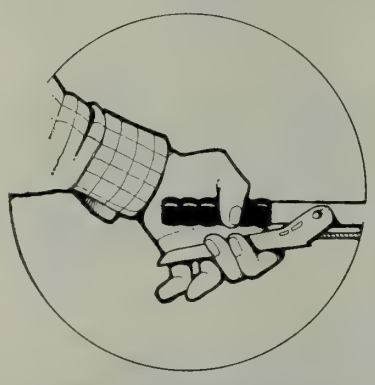
**Set the brake stake high for shallow tilling and rapid forward speed.**



**Set the stake deep for maximum tilling depth, slower forward speed, and greater control.**

Set the brake stake. This simple device controls tilling depth and —even more important if you're a novice—keeps the machine from pulling away from you.

Now start the engine, shift the control into the "forward" position, and gently engage the clutch. As the tines start to turn the earth, the machine will buck, bounce, and lurch from side to side. *This is normal.* Just grasp the handlebars (without squeezing) and try to let your arms and shoulders stay limp and relaxed. All you have to do is follow the machine and try to keep it moving in a straight line. Forget about trying to control the tiller's wild gyrations—you'll only wear yourself out. If you want to move faster, lift up on the bars; if you want to slow down, push down.

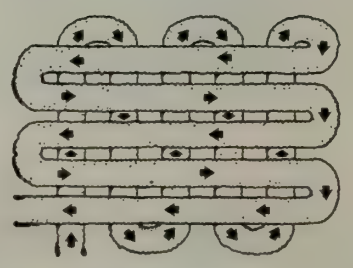


**Don't use a tiller without a deadman clutch. It lets you put the machine in neutral simply by releasing your grip.**

Stopping the machine in place is simple, and you have two options. Most obvious is simply releasing your grip on the clutch lever. However, many novices instinctively tighten their grasp on the handles when they feel the machine is getting the best of them. The alternative braking action is natural: just push down on the handlebars. This tilts the machine back and raises the tines away from the ground.

When you've reached the end of the first row, release your grip on the clutch and catch your breath. Your second pass is going to be much easier than the first because you're going to retill the row you've just finished. This isn't normal operating procedure, but you'll find tilling tilled ground is good for building confidence. Practice going back and forth until you've convinced yourself that there's really nothing to operating a rotary tiller after all. Then take on the remaining ground.

You'll find tilling much easier if you'll leave a row untilled between passes, then go back over the entire area to be tilled at right angles. There are two reasons for doing this. Wide turns are much easier to negotiate than about-faces, and the machine won't be pulling itself, and you, toward the row next to it (which it will try to do if you even come close to overlapping rows.)



Here are a few more tips to keep you out of trouble and make the job easier:

- When tilling hard clay soil or breaking sod, reduce the engine speed. The tiller will dig better

Drawings: Hellman Design Assoc.

**continued**


I don't judge my cigarette by its length.
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continued

# TILLER OPERATING TIPS

and buck and bounce less.

● When tilling ground that hasn't been tilled before, don't try to till to maximum depth in one pass. Set the stake for half the depth you desire, then, reset the brake stake to full depth a over the tilled plot a second

● Till only when the soil is tively dry and friable. Whil tiller tines slash through we easily, the large clods left b will become rock-hard as dry. Also, clumps of wet, h mud clinging to the blades upset the balance of the p shaft, causing undue wear o shaft bearings—and you.

● When backing the machin der power, reduce the e speed to idle and step off t side before engaging the cl In reverse, there's no brakin tion from the stake to slow tiller's travel and you'll be pressed to push down on handlebars. The machine might try to climb over you. perience will teach you ho "feather" the clutch to ease machine backward.

● Common sense dictates you not try to clean mud, r or debris from the tines while engine is running. But just t extra safe, make certain the selector is in "neutral" and spark plug lead is disconne

● If, after tilling your gar you find the project wasn' simple as we've described it, to imagine what it would h been like if you'd used a sp and hoe.

## TILLER ENGINE CARE

● Check the engine oil level quently; i.e., every time you s the machine. The engine pow ing the tiller operates at a r tively high constant speed un generally dusty conditions. R ning the engine while the oil le is low and contaminated will l to premature engine wear.

● Follow to the letter the ma facturer's instructions on change frequency and oil typ

● Clean the air-cleaner freque ly. This filter keeps dust out the carburetor and cylinder, ultimately restricts the air flow the machine tills.

● Check all nuts, bolts, a screws for tightness each ti you finish a tilling project.

● Keep the machine clean. M and vegetation tangled in t tines not only cut tilling e ciency, they also make the e gine work harder than necessa This same heavy layer hol moisture that will cause prem ture rusting of parts.

● While scrubbing and hosi the machine will do a good j of cleaning, you'll find a hig pressure washer will keep yo tiller looking like new. If y don't have access to one, take t machine to a coin-operated c wash and blast the dirt away.


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Imagine a sewing machine that puts all its stitches at your fingertips. And all you have to do is select your stitch. Touch a button. And get the stitch you want. Instantly. Impossible? Not any more. Singer has invented the Athena 2000 electronic home sewing machine. It is, by far, the easiest sewing machine ever created. Using the most advanced space-age technology, we've miniaturized solid-state circuitry into a tiny electronic "brain". It's much smaller than a thimble. Yet it lets us replace over 250 mechanical parts to create the Athena 2000 electronic machine.



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The range of stitches even includes one that makes a shirt-type buttonhole at the touch of a button.

**Exclusive Flip & Sew* two-way sewing surface**

This incredible machine has our Flip & Sew two-way sewing surface built into it, too. This Singer invention makes sewing hard-to-get-into things spectacularly easy.

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## The Singer invention that brings the electronic age of miracles to the home sewing machine.

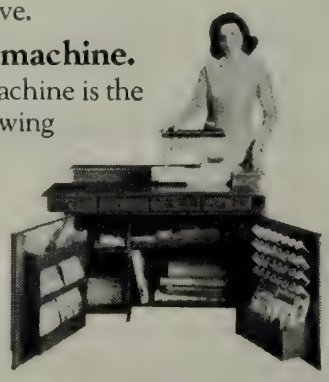
**Swing-Away* cabinet.**

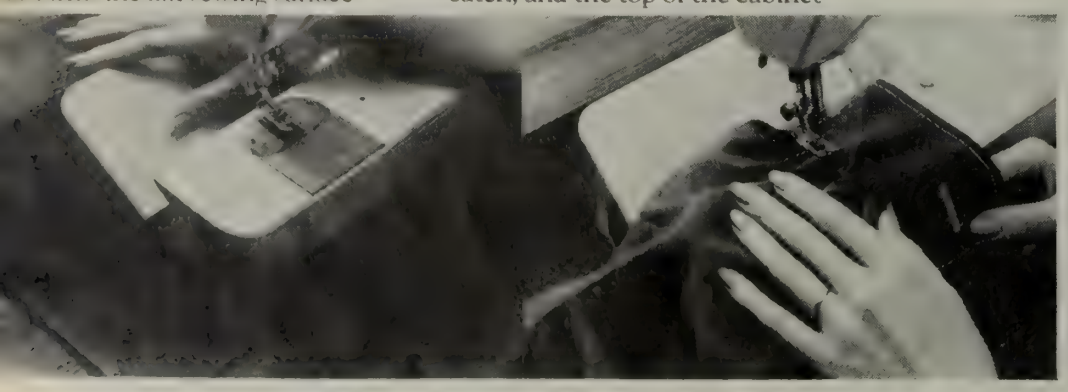
The cabinets created for the Athena 2000 give you a continuous, smooth working surface. Release a catch, and the top of the cabinet swings to the lower level you want when you're sewing on the free arm. Another Singer exclusive.

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The Athena 2000 machine is the first electronic home sewing machine in the world.

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# Splendid Blended Salads!

## (You can make them with Best Foods® Real Mayonnaise.)



### ◄ MAKE AHEAD SALAD BOWL

1 1/2 cups BEST FOODS Real Mayonnaise
1 teaspoon sugar
1 teaspoon salt
1/8 teaspoon pepper
1 package (10 oz) frozen peas, thawed and drained
1/2 cup thinly sliced green onion
1/2 cup thinly sliced celery
1/4 cup chopped green pepper
1 head lettuce, finely shredded
3 hard cooked eggs, diced
1 cup cherry tomatoes, halved
6 slices bacon, cooked, drained and crumbled

Combine first 8 ingredients. Cover; chill several hours. Line large bowl with lettuce; spoon Real Mayonnaise mixture into center. Garnish with egg, tomato and bacon. Serves 6.



### ► MEAT N' POTATO SALAD

4 cups cubed cooked potatoes
1 can (12 oz) luncheon meat, cut in strips
8 ounces Swiss cheese, cut in strips
1/2 cup sliced celery
1/2 cup sliced green onion
1/2 cup sliced radish
1/4 cup chopped green pepper
3 hard cooked eggs, diced
1 1/2 cups BEST FOODS Real Mayonnaise
2 tablespoons horseradish
1 teaspoon salt

Gently toss together all ingredients. Cover; chill several hours. Makes 8 cups.



### ▲ MACARONI SLAW

1 cup BEST FOODS Real Mayonnaise
3 tablespoons lemon juice
1 1/2 teaspoons sugar
1 1/2 teaspoons dry mustard
1 teaspoon salt
Dash garlic powder
4 cups cooked elbow macaroni
3 cups finely shredded green cabbage
1 cup coarsely shredded carrot
1/2 cup finely chopped green pepper
3 tablespoons minced onion

Gently toss together all ingredients. Cover; chill several hours. Makes 7 cups.

### ▼ GARDEN RICE SALAD

1 package (6 oz) long grain and wild rice mix
1/2 cup BEST FOODS Real Mayonnaise
1/4 cup plain yogurt
1 cup sliced celery
1 cup cubed tomato
1/2 cup diced cucumber
2 tablespoons chopped parsley
1/8 teaspoon seasoned salt
1/8 teaspoon pepper
1/4 cup chopped dry roasted peanuts

Cook rice as directed on package; omit butter or margarine, cool. Toss lightly with next 8 ingredients. Cover; chill. Garnish with peanuts. Makes 4 1/2 cups.





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and /or_____Flower Set(s)

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Offer void where prohibited by law. Allow 3-4 weeks for delivery. Offer expires June 30, 1976. BURPEE reserves the right to substitute seeds of equal or greater value if necessary.


begins on page 2

# Your car's upholstery

clean and repair than vinyl.

**Care and cleaning.** The o effective way to minimize sta on fabric-covered interiors is spray on a good fabric protect for a cost of about $8 per tre ment (front and back seats), a good investment.

To remove existing stai however, the two most often r ommended methods for do yourselfers involve using eitl cleaning fluid or detergent-ty foam cleaners. But success of t treatment depends to a great e tent on the type of stain and h long it's been there.

*Cleaning fluid,* usually ava able through auto dealers auto supply outlets, should used on stains containing grea oil, or fats. First scrape off t excess stain, if any, then moist a piece of clean cheesecloth wi the cleaner and lightly brush t stain from the outside towa the center, frequently changi the cloth to a clean section. Wh the stain is gone, dry the ar by wiping it briskly with a cle cloth. One caution: if you use t much cleaning fluid, you ri producing a solvent ring in t fabric, and you may also dama the foam padding beneath.

*Detergent-type foam cleane* are less potent than cleani fluids and work best to remo general soil from a comple section or panel. First vacuu the soiled area; then mix t cleaner, according to direction Dip a clean sponge into th solution and rub the area. Avo wetting the fabric excessivel Wipe clean with a damp tow and immediately dry the upho stery with a hair dryer.

**Color renewal.** The sun ca fade bright-colored fabrics befo you know it. Fortunately, som color sprays sold through outle specializing in auto supplies d an adequate job of renewing—c changing—original colors. Don be too disappointed, however, your upholstery doesn't take th color uniformly; synthetics ca play tricks on you.

**Repair.** There's really no nea way to fix a cigarette burn i synthetic fabric. The best you ca do is clip off a piece of matchin fabric, force it under the hol and glue it in place, using a fabri cement. The same technique ca be applied to a tear, or you ma prefer just to stitch it closed using a curved needle and match ing thread. Neither method, how ever, is a good substitute for re placing an entire section.

**continued**

At Meow Mix, we've received numerous tters about our product from satisfied ustomers.

Most of them from people with cats.

Some of them from cats with people.

At least, they're signed by cats (some ven have paw prints).

Cats writing letters?

If that seems unheard of maybe it's ecause, in Meow Mix, they finally have cat food worth writing home about. Or riting away about.

One cat, who claims to be a gourmet, ays she eats nothing but Meow Mix.

Another cat (Klondike, by name) says hat when his favorite supermarket ran out of Meow Mix, he went on a hunger strike.

Other cats spoke glowingly of the taste of Meow Mix, the convenience, the price and the fact that they could get their three favorite flavors (tuna, liver and chicken) in one package.

They all agree that Meow Mix tastes so good they ask for it by name. Practically every time they open their mouths.

There was more, too. Which we won't go into now. Somehow, it seems that what cats couldn't put into words about Meow Mix, they put into letters.

Oh, people said some nice things about us, too.

But, after all, that's easy for them to say.

TASTES SO GOOD CATS ASK FOR IT BY NAME




# CATS DON'T JUST SAY THEY ASK FOR MEOW MIX®, THEY PUT IT IN WRITING.




© 1980 Ralston Purina Co. Meow Mix® Cat Food

This is pineapple in its own juice.

And this is pineapple in its own juice.

And that makes a better tuna salad.

At Dole, sweetness comes naturally.

Dole
sliced pineapple
IN UNSWEETENED PINEAPPLE JUICE
IN ITS OWN JUICE
no sugar added

continued

# Your car's upholstery

## LEATHER

Considered by most as ultimate upholstery mate leather is expensive, to be s but surprisingly easy to maint

**Care and cleaning.** It's important to keep leather holstery moist and well co tioned. One of the more comm treatments is an occasional ap cation of saddle soap. There also some good liquid condit ers on the market that k leather supple and moist.

**Color renewal.** This is seld needed with leather. Howe if for some reason you want dye your leather interior, c sider hiring a professional.

**Repair.** As with cloth fabr a tear in leather *can* be repai by using a backing piece and t cement. But unless you stitch repair, it will pull apart again time. And there's no chemical the market that will weld leat together. You probably will h to choose between being cont with a makeshift patching job replacing the damaged sectior

## PROFESSIONAL HELP

Assuming your car is in go shape and that it's to your adv tage to maintain its resale val you can justify paying for t services of an auto trim sh under several different circu stances: (1) you're unable to ma your own repairs; (2) the da aged material is cloth or leath (3) the upholstery is so worn th a repair would be futile; (4) t damage is extensive and/or co plex; (5) an electronically e bossed accent panel has be ruined.

Auto trim shops charge hou rates ranging generally from $ to $18. And good-grade uph stery fabrics can cost $10 a ya and up. Yet a repair job may n be as expensive as you imagin especially when you consider positive contribution to resa value. Moreover, you don't ha to replace more than just th panel or section that's damage Skilled trim people can do a l of work in an hour.

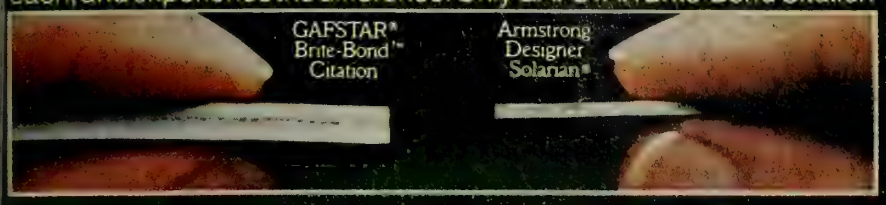
If the damage is on a seat, yo may be able to save money b removing the seat yoursel Check with your trim man.

Although replacement goo are available for virtually all u holstery in cars five years old less, there may be problems locating and ordering new m terials for older models and son foreign cars. ■

Buying information, page 1

# Compare GAFSTAR® Brite-Bond™ to Armstrong Solarian* flooring and your feet will tell you there's no comparison.

Neither floor needs waxing to keep its bright shine. But hold a piece of each, and experience the difference: Only GAFSTAR Brite-Bond Citation has foam backing. So only beautiful GAFSTAR is soft.




Victoria Gardens pattern available in 4 high fashion colorations.

*Solarian is a trademark of Armstrong Cork Co.

Sponge mopping with mild detergent plus thorough rinsing, will normally keep it clean. In time, heavy traffic areas may show reduced surface gloss. If desired, gloss can be restored by occasional application of GAF Brite-Bond floor finish.

Call TOLL FREE *ANYTIME*, at (800) 243-6100 (in Conn. 1-800-882-6500) for the name of a nearby participating GAF dealer. Or, for further information including full maintenance details, write GAF Floor Products, Dept. AAD6, Box 1121, Radio City Station, N.Y., N.Y. 10019.

GAF® GAFSTAR®



# Kids 18 and under stay free at Ramada Inns.

This kind of freedom can free your family for a Bicentennial vacation. Kids 18 and under stay free at Ramada Inns, when they share their parents' room. There's no charge for cribs. And only a small one for rollaway beds if needed. Don't be a Bicentennial bystander.

See the country and stay at any of the more than 600 Ramada Inns worldwide. For your free Ramada Directory, write: Ramada Inns, P.O. Box 590-MKT, Dept. BH, Phoenix, Arizona 85001. For reservations, contact your travel agent or nearest Ramada Inn.



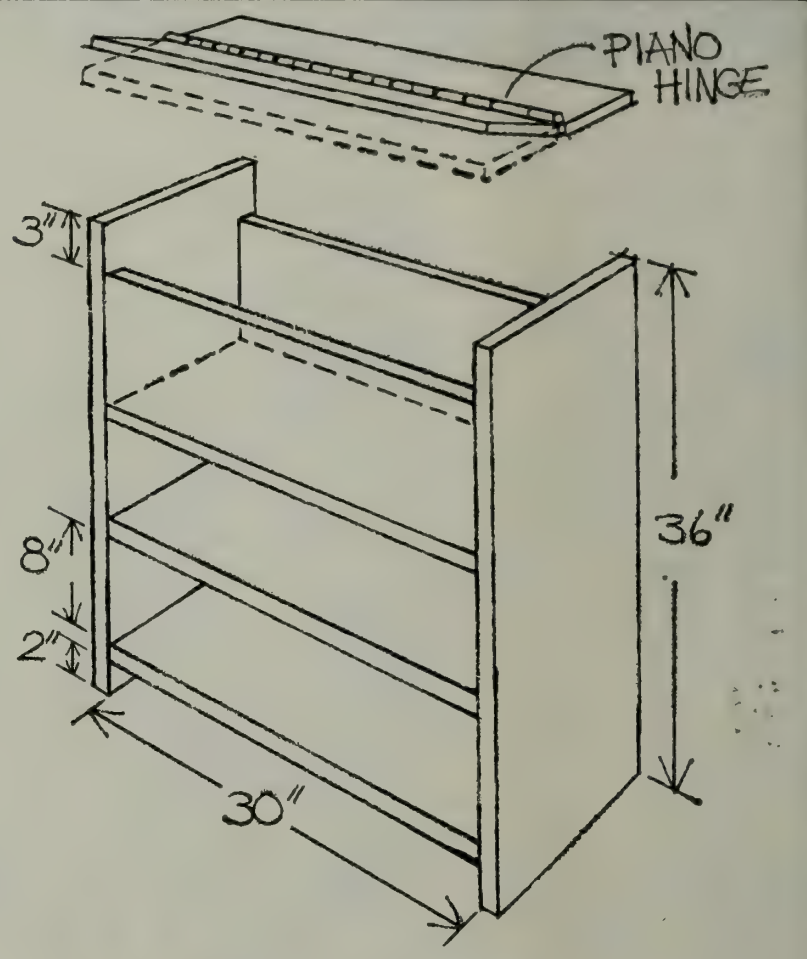

Join the Ramada Regulars
RAMADA INNS WORLDWIDE

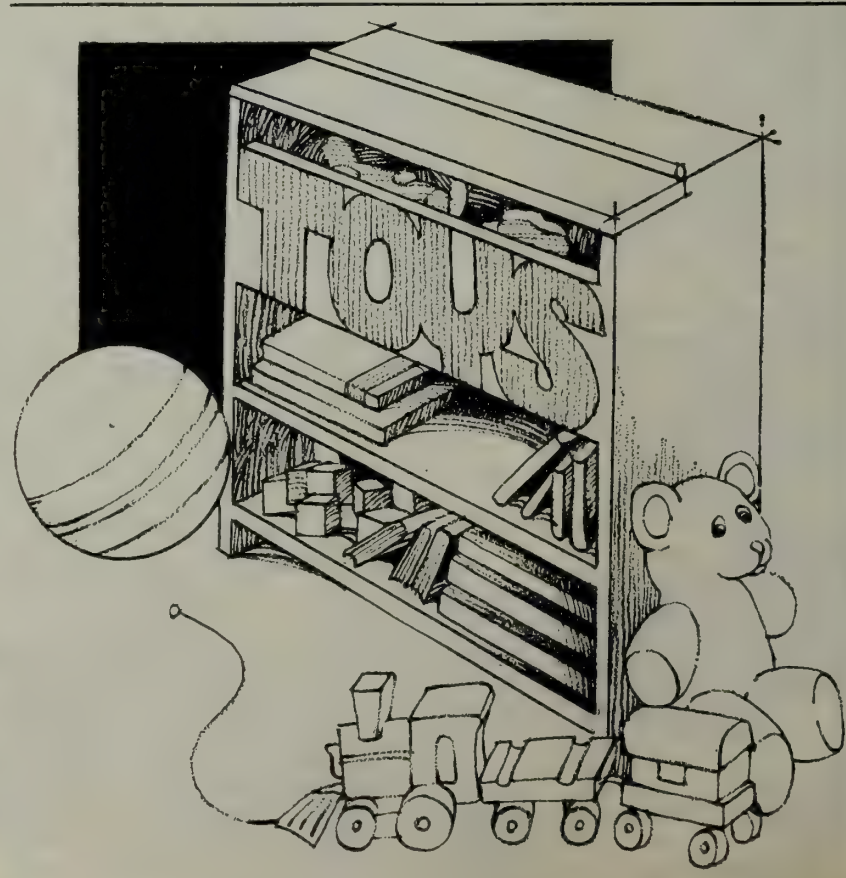

# Step-by-step project scrapbook

**This toy box would be a welcome addition to any child's room. An imaginative paint job (let the kids help) will make the unit every bit as decorative as it is functional.**

## TOY & GAME STORAGE

MATERIALS:
(1x12 PINE)
2 PCS. 36" LONG
5 PCS. 30" LONG
1 PC. 31½" SPLIT LENGTHWISE
PIANO HINGE 30" LONG








**How to make your window treatments beautiful with Levolor Rivieras.**

We have a brand new book for you—full of beautiful (and helpful) ideas on what to do with windows. Here are dozens of examples in full color from the files of top decorators. And you get a special section that tells all about measuring, laminating, painting, etc.

Levolor Lorentzen, Inc., 720 Monroe St., Hoboken, N.J. 07030

Please send me a copy of your idea book, "Window Magic." I enclose 50¢ for handling and mailing.

Name _____

Address _____

City _____

State _____ Zip _____

LEVOLOR RIVIERA BLINDS

**WHITNEY**




**The Quality Grass Seed Mixtures with Penn-fine PERENNIAL RYEGRASS**

**The Grass That Restored The Lawns of Independence Hall**

For a more beautiful, durable lawn buy Whitney Grass Seed at your favorite garden supply dealer. Four Whitney blends match your needs with Outdoor Living for active families desiring a fine lawn, Luxury Lawn for perfect lawns, Sylvan for shady lawns and Fun & Frolic for very active families.



WHITNEY-DICKINSON SEEDS, INC.
52 Leslie St., Buffalo, NY 14211

**MAKES SEWING MACHINE OIL OLD FASHIONED**

- Stops squeaks
- Protects metal
- Loosens rusted parts
- Frees sticky mechanisms




Aerosol **WD-40** lubricates as it cleans to protect metal

**TRY A FREE SAMPLE**

Send 25¢ to cover handling to: WD-40, 1061 Cudahy Place, San Diego, CA 92110

## w to choose althier plants

me plant species have a nat- resistance to disease, and s have an affinity for it. To plant losses and your wor- o a minimum, concentrate e species that are, by nature, hy. The trouble-free plant as grown considerably in the ew years as specially devel- resistant varieties supple- the naturally resistant spe- Annuals and vegetables, in cular, show encouraging re- se to plant breeders' attempts ost resistance.

mong the annuals, you can ct modern varieties of snap- ons to be rust-resistant, asters ght off wilt, and zinnias to t mildew. Of course, favorite ers like marigolds, alyssum, ndulas, gaillardias, nastur- s, and annual phlox are noted heir lack of troubles.

hanks to plant research, com- vegetable diseases are much prevalent than they were. wax beans are less susceptib- o rust, and cabbages resistant ellows. New cucumbers fight nosaic and mildew.

mong the perennials, the in- sting hostas and lovely hem- allis are admired for their ase-resistant qualities. Many he old-fashioned perennials, are excellent choices for the thy border. Investigate ly- m, platycodon, the large and ed campanula family, pyre- m, columbine, and peonies.

hrubs and trees account for ajor portion of your land- ping budget, and you expect n to give years of pleasure service. To avoid disappoint- t, select robust varieties.

mong the shrubs, consider ythia, beauty-bush, althea, osier dogwood, flowering nce, witch-hazel, mock-or- e, or any of the viburnums. er shrubs that stay healthy n minimum pampering in- le pyracantha, cotoneaster, nymus, spirea, dwarf arctic ow, privet, honeysuckle, al- currant, and mock orange.

mong deciduous trees, these good performers: ginkgo, ey locust, magnolia, moun- -ash, sassafras, sour-wood, et gum, tree-of-heaven, artia, tupelo, and yellow- od. The Chinese elm, *Ulmus vifolia,* and elm varieties istine, Buisman, and Bea wartz are resistant to Dutch disease. Among the crab- les, try varieties Sargent, wdrift, and White Angel— r resistance to fire blight is ve average. Among the ever- ens, yews rank as leaders in ease resistance. ■

(Advertisement)

# When people took my picture, I used to put the baby in front of me to hide my fat.

By Eileen Elfenbein — as told to Ruth L. McCarthy

I'm a registered nurse. And while I was in training, there wasn't a day that went by that I didn't see a new mother leave the maternity ward with a bundle of love in her arms and a heap of fat on her thighs and backside. Still I didn't learn. The day I left the hospital with my first baby, I weighed 168 pounds.

It's not as if I didn't know better. But having been a working girl until my pregnancy, I found it difficult to stay home for nine months with nothing much to do but clean house, watch television and empty the refrigerator. By that I mean eat whatever was in it, before filling it up again.

As the scale climbed (to 180 pounds), I kept telling myself it was mostly water—which I'd get rid of when the baby came. And whatever extra pounds that were left, I figured I'd take off immediately after. What a joke! All I dropped the day my daughter was born was 12 pounds, leaving me with 168 pounds to carry around.

My first reaction was to do something that would turn people's eyes away from my fat. So I paid special attention to my hair. That way, I hoped people would look at me from my neck up only. Unfortunately, it didn't stop my husband from looking up and down at me.

Each time we'd go shopping for clothes, he'd reach for a size 9 and say: "Why don't you buy this?" It was his way of telling me to lose weight. But all it did was make me go home and munch on cheese doodles, hot dogs, candy corn, chocolate —or anything else in the house.

From time to time, of course, I'd go on a self-styled diet, but with little success. Yet I would never take reducing-drug pills or water pills. I don't believe in them.

In desperation, I decided to go back to work. My daughter was walking then and by taking the three-to-eleven shift, I was able to take turns with my husband caring for her. Only listen to what happened. You've heard of people having a tough time finding a job because they're too fat. Well, I had a hard time staying on the job because of cracks about my weight. I got so embarrassed that I quit. Just took off for home in Old Bridge, New Jersey.



*I don't know what made me think putting my 9-pound baby daughter on my lap could hide my 168 pounds.*



*At 112 pounds, I don't need to stand behind anyone to cover up my figure.*

It was around New Year's, I remember, and I made a resolution right then to lose weight. I had seen those stories in magazines about people who'd lost on the Ayds plan, so I decided to try it. I bought a box of Ayds® Reducing Plan Candy, the chocolate fudge kind, at my drug store. I liked the fact that Ayds contained vitamins and minerals, but no drugs or medications.

I read the directions carefully. Then I took one or two Ayds before meals with a hot drink and they really helped satisfy my appetite.

For breakfast, I'd have one Ayds and hot tea; then orange juice and a toasted bagel with half a teaspoon of jelly or margarine. Lunch, I'd have Ayds again and maybe a tuna fish salad. And for dinner, Ayds and tea before a hamburger or steak, or maybe fish, string beans, and diet soda. Then in the evening, I'd have a couple of Ayds for snacks.

That way I was able to keep my intake of calories low, yet feel satisfied. As a result, I lost one pound the first week on the Ayds plan. Three pounds the second. And two pounds the third. Being a nurse, I knew it was much smarter to lose weight gradually than rapidly.

In five months, I lost 43 pounds on the Ayds plan. But that's not the best of it. I found with the plan that I could have all sorts of delicious cookies, candies and snacks at home for my husband and friends, yet not be tempted myself.

Actually, I changed my eating habits enough with the help of Ayds so that I was able to get down to 112 pounds by fall. Why, the only plump one at our Thanksgiving table was the bird. As for me, my friends said I was all bones. But my husband said I suited his taste just fine. And he meant it. Thanks to the Ayds plan, I never have to hide behind my child these days.

**BEFORE AND AFTER MEASUREMENTS**

| | Before | After |
|---|---|---|
| Height | 5'5" | 5'5" |
| Weight | 168 lbs. | 112 lbs. |
| Bust | 40" | 36" |
| Waist | 29" | 25" |
| Hips | 40" | 33¼" |
| Dress | 15-16 | 7-8 |






# WELL-STACKED CENTERPIECES

**Try your hand at stacking. You'll be amazed what great designs you can put together from what you have on hand—such as candlesticks, flower containers, and wine glasses. And you don't have to limit yourself to glassware and pottery, either. Cans, jars, and throw-away molds can look smashing when they're imaginatively combined.**

**If you plan to use your centerpiece only once or twice, you can join the parts with three or four dabs of putty around the edges. For longer usage, use a good bonding adhesive and follow directions on the container to the letter.**



**▲ To convert kitchen counter stacking units into smart centerpieces,** fill the bottoms with small treasures or flowers and the tops with after-dinner candy and nuts. You'll find this a useful idea when space at the table is at a premium. We grouped our glass stacking-unit centerpieces with an informal setting of Fire Flower pattern tableware and Hacienda pattern stainless steel.

**▶ With two fruit bowls and two saucers you can build a handsome container for dried flowers, and a candlestick for a jumbo candle.** Feel free to "mix-and-match," combining oddments from broken china sets. Bottoms don't have to match tops as long as the overall design is symmetrical. After you've hit on a winning combination, glue the parts together and spray the candlestick and bowl container with flat white paint. Chunky centerpieces like this one work well with informal tableware like Colonial Times china and Jefferson sterling.



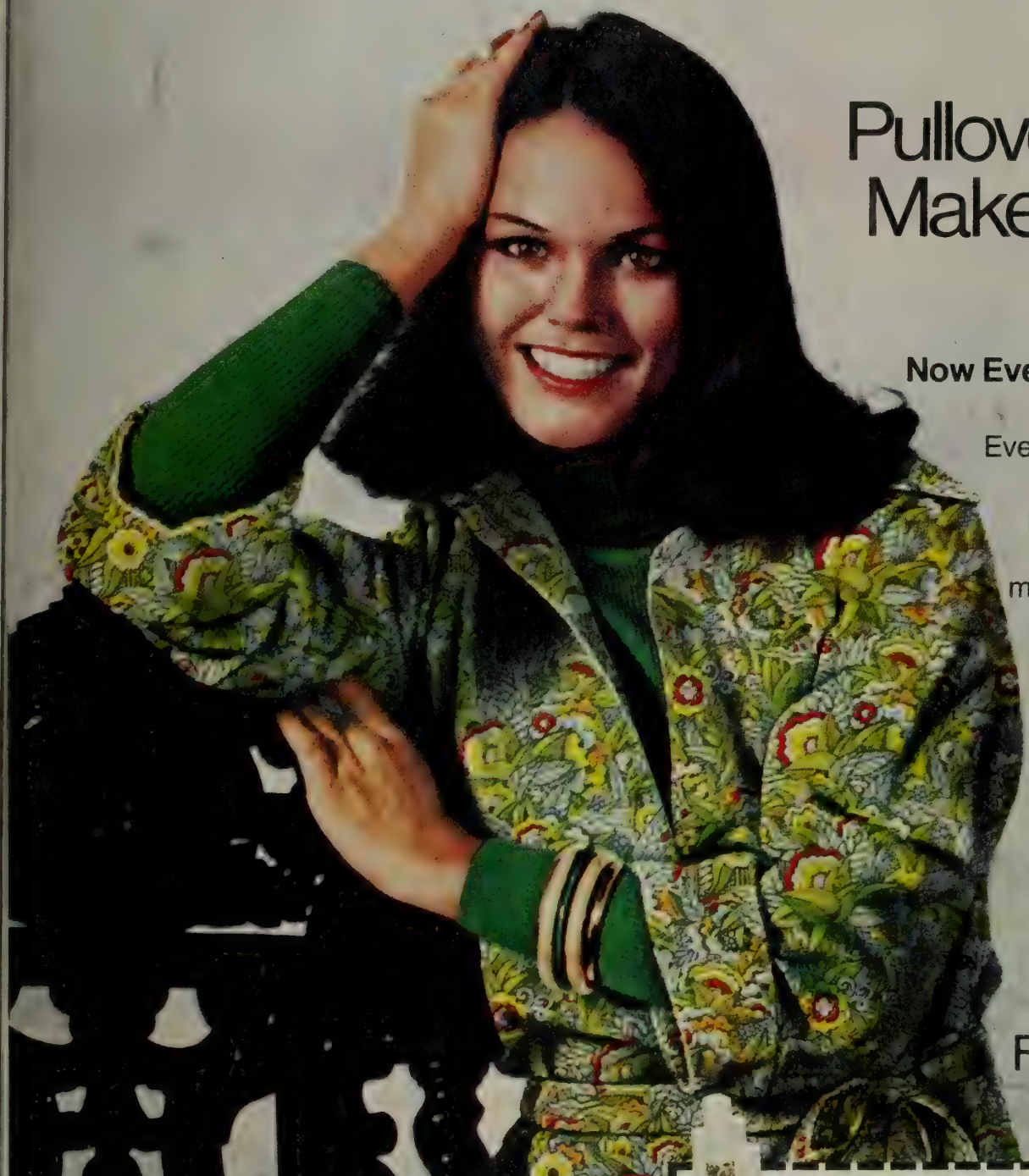
**▲ Turn the leftovers from a broken set of wine glasses (or any assortment of stemware) into an eye-catching candlestick trio.** Or buy inexpensive variety-store glassware for that specific purpose. If the bottoms of the glasses are rounded inside, you can prevent candles from wobbling with floral putty. Transparent candlesticks complement formal settings such as Plum Blossoms fine china and gold-edged Centennial flatware. You'll find candlestick combinations like these an effective and inexpensive way to decorate long banquet tables. Space groupings of different glass stemware candlesticks down the length of the table.

Buying information, page 130

Photographs: Hopkins



# Cover Yourself With Flowers



## Eve's Pullover Tunic Offer Makes It Happen.

**Now Eve's flowers are yours to wear.**

The good looks and good taste of Eve Cigarettes are irresist i ble. And so is their latest find. It's a gorgeous pullover tunic specially designed in Eve's exclusive floral pattern. You meet the world covered with flowers. Perfect over a turtleneck ...or simply alone. Wear it loose or pull on the tie belt to vary the look. It's machine washable and the permanent press fabric of 50% cotton and 50% polyester makes it delicious to wear. Another feature you'll enjoy is the price. Just $8.95. It's no wonder everyone is always saying Eve has a lot to offer.

**Flowers on the outside. Flavor on the inside.**




Please send me ____ pullover tunic(s) at $8.95 each. I enclose $_____ plus two pack bottoms from EVE Filter or Menthol for each tunic I order. (Please include State and Local Sales Tax where applicable). Mail with check or money order payable to "EVE" Tunic Offer, P.O. Box 695, Marion, Ohio 43302.

Check one: small (8-10) ☐
medium (12-14) ☐
large (16-18) ☐

NAME_____

ADDRESS_____

CITY_____STATE_____ZIP____

Offer void to persons under 21 years of age. Good in U.S. only except where prohibited, licensed, taxed or restricted by law. Offer expires September 30, 1976. Allow 4-6 weeks for delivery. BHG

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Menthol: 18 mg. "tar," 1.2 mg. nicotine;
Eve Filter: 19 mg. "tar," 1.2 mg. nicotine av. per cigarette by FTC Report (Nov.'75).

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VEGA ESTATE


CHEVELLE MALIBU CLASSIC ESTATE


CHEVROLET CAPRICE ESTATE


SILVERADO SUBURBAN


BEAUVILLE SPORTVAN

# 1976 Vega wagon. Big economy. Small price.

Here's a wagon with the cargo space you occasionally need, plus the gasoline economy you always need.

**35 mpg highway. 24 mpg city. EPA ratings.**

These ratings are for Vega wagons equipped with the standard Dura-Built 4-cylinder, 140-cubic-inch engine, 3-speed manual transmission and 2.92 rear axle. Test cars were not equipped with air conditioning.

*Remember:* These mileage figures are *estimates*. The actual mileage *you* get will vary depending on the type of driving you do, your driving habits, your wagon's condition and available equipment.

In California see your Chevy dealer for EPA mileage figures and engine/transmission combinations available on California emission-equipped cars.

**Lowest priced '76 wagon built in America.**

Based on a comparison of Manufacturers' Suggested Retail Prices, our lowest priced Vega wagon (shown at right), at $3,227, is the lowest priced wagon built in America. Tax, license, destination charge and available equipment are additional.

**And talk about practicality.**

The Vega wagon and Vega Estate (a neat "woody" version) seat four adults with storage room behind the second seat.

Flip down the second seat though, and you can take up to 50 cubic feet of cargo through the rear liftgate.



# Part of Chevy's full line of 1976 wagons.

Being *America's Family Station Wagon Builder* means offering wagons for all kinds of American families.

And we do.

**Chevelle. Mid-size, that's the right size.**

For many families, Chevelle is just the wagon.

It's available as a 2-seat or 3-seat wagon. The tailgate lifts up and out of the way.

Standard equipment includes Turbo Hydra-matic transmission, power steering, power brakes, steel-belted radial tires and the Chevrolet Efficiency System.

Choices: Malibu, Malibu Classic or Malibu Classic Estate.

**Chevrolet. Full-size, comfortable, practical.**

For families with larger needs, we offer two choices:

Impala and Caprice Estate, 2- or 3-seat.

Standard features on both include Glide-Away tailgate, power steering and power brakes, Turbo Hydra-matic transmission, steel-belted radials, a 400-cu.-in. V8, the Chevrolet Efficiency System.

**Suburban. Some call it superwagon.**

It's built on a tough truck frame, yet has a comfortable interior.

It seats up to nine with available seats, carries about half again as much as many wagons, and can move about seven tons including trailer, passengers, luggage and Suburban.

**Sportvan. The family space vehicle.**

It can seat up to 12 with available seats.

There are wide-opening double doors in the rear, and a sliding side door that needs only 4½ inches clearance.

And rounding out Chevy's wagon lineup . . . Blazer, a go-almost-anywhere fun vehicle.

Chevrolet

For your convenience, we list names and addresses of manufacturers of most of the products pictured in each month's issue. This month, see page 130 for this shopping information.


# Lovely lead crystal shakers by Fostoria: ordinarily $9, now only $4.95



Here's a very special offer that lets you enjoy the elegance of lead crystal salt and pepper shakers at a price you can truly afford. And look for Fostoria's companion pieces wherever nice things are sold: jewelry stores, gift shops, and department stores across the country. Order as many sets as you like—for yourself, and for gift-giving, too. It's such a beautiful way to put a little spice in your life.

Fostoria
We've been working on your crystal for 89 years.

*Mail this coupon to:*

Fosdick Corporation/Shaker Offer/Dept BHG-3
Box 2128 • Meriden, Connecticut 06450

Please send me_____pairs of Salt & Pepper Shakers.
I enclose my check or M. O. for $_____($4.95 per pair).

Name_____

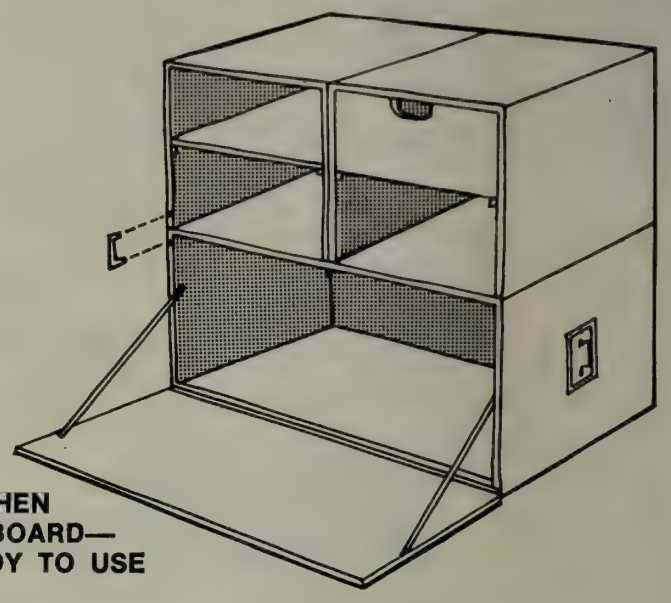
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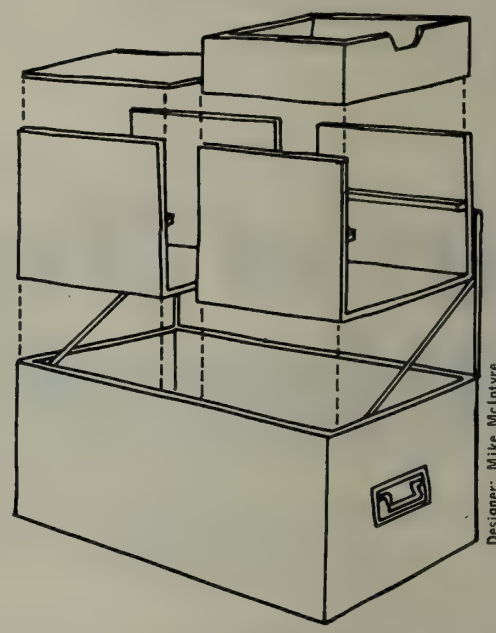
State_____ Zip_____

Offer good in U. S. A. except where restricted, taxed or prohibited by law. Allow 28 days for delivery. Offer expires December 31, 1976. This Fostoria lead crystal is distributed by Fosdick Corp., 122 Charles St., Meriden, Conn.


# A great little camp organizer: build it, pack it, stack it



**KITCHEN CUPBOARD—READY TO USE**



Designer: Mike McIntyre

**PACKING SEQUENCE**

Here's a modular storage unit designed to help you eliminate campsite chaos. Because the basic box stores the extra shelves, with room to spare, you can use it as a packing chest while traveling. When you pitch camp and unpack the gear, you're ready to set up a camp kitchen cupboard twice the size of the chest itself.

The unit illustrated measures 28 inches long by 13 inches wide by 14⅝ inches high when knocked down (chest only); height is 25¾ inches when completely assembled into a cupboard. For durability and portability, use ⅜-inch exterior-grade plywood—glued and nailed.

Two carrying handles are attached to the sides of the chest with heavy bolts; the door is fastened with a piano hinge. A spring catch holds the door shut.

You can recycle your old clothes hangers to keep the components attached to the base cabinet at campsite. Just bend short pieces of wire into a U shape and insert them into pre-drilled holes at all corner connections. Size of the knocked-down unit can be tailored to the space available in your camping vehicle, but remember: If you modify the dimensions of the basic unit, rescale measurements of all components proportionately.

This cupboard has other uses, too. Grandparents can store the grand-kids' playthings in it between visits and assemble it during overnight stays for use as a play chest. Hobbyists who have to tote awkward gear on field trips can modify the plan to store all kinds of equipment. The adaptations are endless.

**Better Homes and Gardens Project Plan No. 50299. To order, see page 104.**

# Special Cookout Offer!

**Stainless steak knives, carving sets, and Gourmet Sizzler Servers.**



Add a festive touch to your summer cookouts with these quality accessories. We're offering a set of six steak knives by Oneida, carving and salad/serving sets by Imperial, and Gourmet Sizzler Servers by Nordic Ware® – all at special savings.

Match or complement your flatware with the stainless steak knives and carving sets. Choose from any of our six elegant patterns.

Use the insulated Sizzler Server to keep your steak piping hot. Protect your hands and table, too.

Now is a wonderful time to prepare for a festive season of outdoor entertaining with these special savings.

Betty Crocker

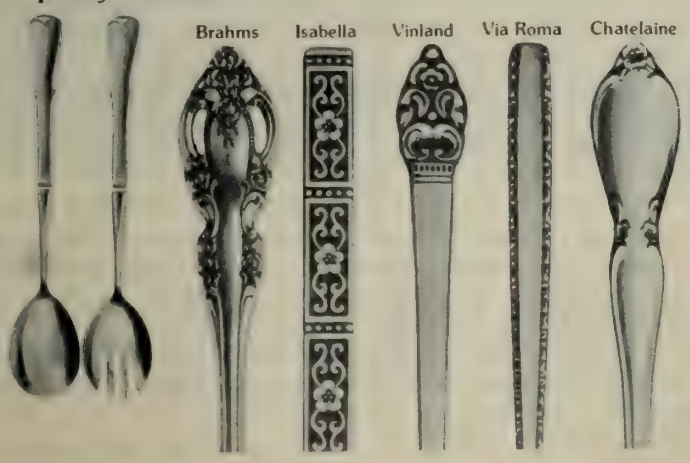



A set of six steak knives in Oneida Community stainless can be yours for only $8.95. Carving sets and salad/serving sets are $6.95 each. And a set of two Sizzler Servers can be yours for only $6.95 or six for $15.95.

**– or save more –**

Save 50¢ on each set by including two special Cookout Offer proof-of-purchase seals from Buc•Wheats for each set ordered.*

Either way, you'd expect to pay substantially more for accessories of this quality in stores!







BUC•WHEATS...the only maple flavored cereal flakes.

**General Mills, Inc., Box 197, Minneapolis, Minn. 55460**

I enclose $_____ ____ (check or money order).
Please send me the set(s) ordered below.

My Pattern Choice:

( ) Steak Knife Set(s), $8.95* _____
( ) Salad Set(s), $6.95* _____
( ) Carving Set(s), $6.95* _____

( ) 2 Sizzler Servers, $6.95*
( ) 6 Sizzler Servers, $15.95*

*Save more with Buc•Wheats offer.

Name_____

Address_____

City_____ State_____ Zip_____

To assure delivery give zip. Offer good only within U.S.A. Offer expires 7 31 76. Please allow up to six weeks for delivery.

# WHY ESTATE PLANNING MAKES SO MUCH SENSE



**"Estate planning" may sound like something for only the very rich. Yet few families today can do without it.**

**For one thing, your children's upbringing could be at stake. Without proper planning, your kids might end up in the care of some stranger, rather than with a family friend who had agreed with you to be responsible for them. What's more, the laws of inheritance are complex: If you don't set things up properly, your distant cousin Herbie just might get something you had intended for your children.**

**Further, you're probably worth more than you think. The government loves to latch on to any property it can through taxation at death—and whatever it gets means that much less for your family.**

### What is estate planning?

It's the process of making the right legal arrangements so your assets—everything you own—will pass on to your heirs the way you would like, as unscathed as possible from taxes, settlement costs, and unintended heirs.

Estate planning doesn't mean you have to spend a lot of money now to plan for the future. It does mean that you should take a realistic look at the fact that you won't be around forever. And you should set up your present financial life in an orderly fashion so you can anticipate your family's needs and the requirements of the law upon your death.

Though steps can be taken on your own, even the simplest of estates requires some know-how to set up and manage. Take some time to figure what you want. If you're unsure of your alternatives, get counsel from a lawyer or banker. At least when you're ready to button things up, call in a lawyer to translate your intentions into legally binding language so matters will proceed as you wished.

Most important, make sure you and your spouse communicate freely about estate plans. Each of you must understand what the possibilities are, and why specific decisions and arrangements are made. Here are some facts to consider.

### How large is your estate?

Your estate is everything you own—and that includes property held jointly, such as your family home. The first step to sound planning is to realize what your estate will be worth, especially since inflation, accelerating property values, group insurance, and other factors have swollen many family estates beyond expectations.

Start by adding up your assets: cash on hand; savings accounts; certificates of deposit; securities, such as stocks, bonds, and mutual funds; real estate, including your home; life insurance death benefits (not cash values—and don't forget group life you get from your employer); death benefits payable under your company retirement plan; personal retirement plan assets; household furnishings; jewelry, cars, electronic equipment, clothing, and other personal property; business interests (your proprietorship, partnership interest, or stock in your own corporation); and any assets you may receive through inheritance.

Then, total your debts: your home mortgage (reduced by mortgage or credit life insurance); other bank debts; installment debts; charge account balances; personal and all other debts.

Finally, subtract your debts from your assets. That gives you an idea of what will be available before estate settlement costs and taxes gobble up their slice.

Whether the amount is large or modest, you'll have two primary concerns: (1) how to direct where your assets will go upon your death, and (2) how to keep those assets intact for your heirs.

### How can you control who gets what?

Property passes on in various ways when you die, according to the laws where you live and what arrangements you have

**continued**

## Should you try to avoid probate?

Probate is the time-honored procedure that provides for an orderly administration of your estate. Whether or not you have a will, probate generally is required if you owned assets such as real estate or stocks at your death. The fees for administering your estate are what some people hope to eliminate by avoiding probate, but the dodge may not make sense. Here's why:

- If there is a will and the court says it's valid, it is "admitted to probate." The court then appoints an *executor*—in most cases, the person you designated in your will. This can be your spouse, one of your children, your lawyer, or a trusted friend. You can also name co-executors, perhaps with the idea of including an expert as well as a relative or friend who knows your family.
- If no valid will is involved, you will have died "intestate." The court then will appoint an *administrator,* whose job is very much the same as that of an executor.

The tasks for executor or administrator often are complex and time-consuming: locating all assets you owned, for example; paying all your debts (and resisting all invalid claims); handling all tax matters; distributing your remaining assets to the proper heirs. For such services, both the executor (or administrator) and the attorney representing the estate are entitled to a fee—typically, from 1½ to two percent each, depending upon state law. If you have a bank executor—often a good idea for expertise and continuity—the law probably will require him to hire a lawyer, so your estate would have to pay both fees. If you name your lawyer as executor, the fees might be combined—say, to three percent. If you appoint a private individual as executor, there need be no fee (provided he agrees). Even then, it might be wise to involve a lawyer as well, since the legal entanglements of closing an estate can be surprisingly complex and, at times, almost impossible.

Why not eliminate these costs altogether by avoiding probate—say, by seeing that you have no assets in your name? The simple fact is, escaping probate does not avoid the duty of filing tax returns. Since a substantial part of estate work generally involves tax problems, it's likely many of the costs will still exist.

With or without probate, if the costs would amount to less than a fee based on a percentage of your estate, your best course could be to look for a law firm that will charge by the hour.

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continued

# Estate planning

made. Property in your sole name (or your interest in property if you live in a community property state) will pass according to your will. On the other hand, property owned jointly generally goes to the surviving joint owner, no matter what your will says.

Life insurance and company retirement plan death benefits do not pass under your will either; they go instead to the beneficiaries you designated with the insurance company or retirement plan.

Still, a will is essential. You and your spouse should each have one (not a joint will), even though some of your most valuable assets may be unaffected by the document. A proper will provides one of the best instruments for seeing that your family and other heirs get what you want them to have.

Be sure a lawyer draws up your will; do-it-yourself wills often fail to hold up in court. If your estate is modest, the will can be simple, costing about $50 to $100. (Fees rise as estate assets and your wishes multiply.) A simple will probably would leave everything to your spouse, if living—otherwise, in equal shares to your children.

### What can trusts do?

A trust is a legal arrangement through which certain assets are managed by experts and distributed according to your wishes. Various kinds of trusts serve various purposes, but a prime consideration for many families is the well-being of their minor children should both parents die. Also, trusts can be arranged to remove major assets from your taxable estate, so more money is left over for your heirs.

Generally, these are the advantages of a trust:

- Your assets will be expertly managed.
- Your estate will be protected from hasty or unwise use by your family.
- You'll have maximum flexibility. For example, you can arrange to have your family taken care of on a basis of need as expenses arise, or on any other basis you wish.
- The trustee's activities generally must be reviewed and approved by the court.
- Certain trust arrangements can greatly diminish the amount of estate taxes due.

A typical trust directs the trustee—the person managing the trust assets—to provide for the support of your family (don't overlook aging parents) or anyone else you choose. The trustee can use either income or principal for this purpose. Upon your spouse's death, the trust assets can be split into shares for each of your children. Normally, the trustee will continue to provide for their support, including education, until they reach a certain age —say, 25. At that time, the trust ends and the children receive their shares outright. (For other beneficiaries, terms would probably differ.)

Managing trusts requires an expert hand. A family member, lawyer, or friend can be designated as trustee. So could a bank with an adequately staffed trust department. A bank trustee not only is an expert; he can be a neutral party who can relieve family members of the unwanted responsibility of making unpopular decisions.

There is a fee for a trustee's services—normally one-half of one percent (or less) of the value of the trust. Before you select the trustee, determine what the fee will be.

### What will the taxes be?

Proper estate planning can pay big dividends in the form of reduced federal and state death taxes. Here's how these taxes work:

- *Federal estate taxes.* In the eyes of the federal government, your "gross estate" means all your assets. That includes life insurance proceeds, unless your policy is owned by another person, plus all the other kinds of assets mentioned in the beginning of this article. When you die, the government may have a claim (in the form of a tax) to a portion of the property passing on to your heirs. The larger the estate, generally the greater the proportion of taxes due.

Your gross estate also includes the entire value of jointly owned property. Putting property under joint ownership does not serve as an estate-tax dodge. Two facts count especially here in keeping taxes down:

**1.** If your executor can prove the other joint owner furnished part of the cost, the taxable amount can be reduced. Be sure you save all pertinent records.

**2.** Jointly owned property may be taxed doubly if your estate is more than modest—once upon the death of the first joint owner, and then again when the surviving owner dies. In a well-planned estate, such property is not jointly owned, so it can be taxed only in one estate—which means more left for your heirs.

Once your gross estate is reduced by your debts and administration costs, the balance—called your *"adjusted gross estate"*—may be subject to federal estate tax. But first there are usually some further adjustments.

- Your estate is permitted a *"marital deduction"* for property passing to your spouse. This amount cannot exceed 50 percent of your adjusted gross estate.
- All estates are entitled to a *$60,000 exemption.*

Thus, if you are married and leave at least half your property to your spouse, your estate will owe no federal death tax unless the adjusted gross exceeds $120,000. (Half that estate is $60,000, and that amount is exempt.)

Note: It's possible that Congress will change these figures soon.

- *State inheritance taxes.* These vary from state to state. A few states impose none at all. In most states, small estates (under $50,000) passing to family members usually are taxed at nominal rates. These gradually increase to about a ten percent rate on larger estates.

### Can you avoid some taxes?

Yes, through a properly planned "gift program," most likely involving family members or charity. The purpose of a gift program is to reduce your assets during your lifetime so they won't generate estate taxes when you die. A $10,000 gift could save approximately $3,000 in federal estate taxes, for example, assuming you, the donor, are in a 30 percent federal estate tax bracket. State inheritance taxes also would be diminished.

When you give away assets worth over a certain amount, you'll owe a gift tax. (Don't confuse this with an income tax.) The gift tax rules are fairly liberal:

- Each taxpayer is entitled to give away $30,000 during his lifetime, absolutely free of gift tax. This is known as the *"lifetime exemption."*
- Each taxpayer can give away $3,000 per year per person without owing any gift tax. Say you have three children. You could give each of them $3,000 a year indefinitely without owing any gift tax. This is known as the *"annual exclusion"* and is in addition to the lifetime exemption.
- A married person generally is entitled to a gift tax deduction of 50 percent of gifts made to his or her spouse. This is known as the *"gift tax marital deduction."*
- You or your spouse can consent to having any gifts made by your mate treated as if your spouse had made one-half of the gift. This is known as *"gift tax splitting"* and, in effect, enables

**continued**

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# Estate plannir

a married taxpayer to doub lifetime exemption and a exclusions.

- In the event your gifts e your lifetime exemption, a exclusions, and the gift tax tal deduction, you will pay tax at a rate equal to app mately three-fourths of the tax rates.
- You must file a gift tax r on all gifts in excess of $ per person *even though you no tax.*
- Gifts to charity and gif life insurance policies often vide effective ways to re death taxes. Get legal ad however; this can be com terrain.
- Any gifts made within years of death may be presu to have been made "in con plation of death" and thus c be vulnerable to estate taxes.
- Gifts of property that still income to you may be consid as part of your estate for tax poses at your death.

**Start planning now.**

First, determine what a will be left after funeral expe and debts, and what approxi death taxes and probate costs be; then estimate how much come your remaining assets produce.

Next, estimate family li expenses after you die. If will exceed available inco consider buying additional insurance right away, and tr build up other assets for y family's potential needs.

Finally, update plans w there is a change in family m up, a move to another state, a jor change in your financial tus, a change in estate and gift laws. Keep up to date. ■

**To help with estate planni order a copy of "What Family Should Know."** Rec all vital information concern what you own, where docum are, who to contact. Ring-bou 8x4⅞ inches; 64 pages.

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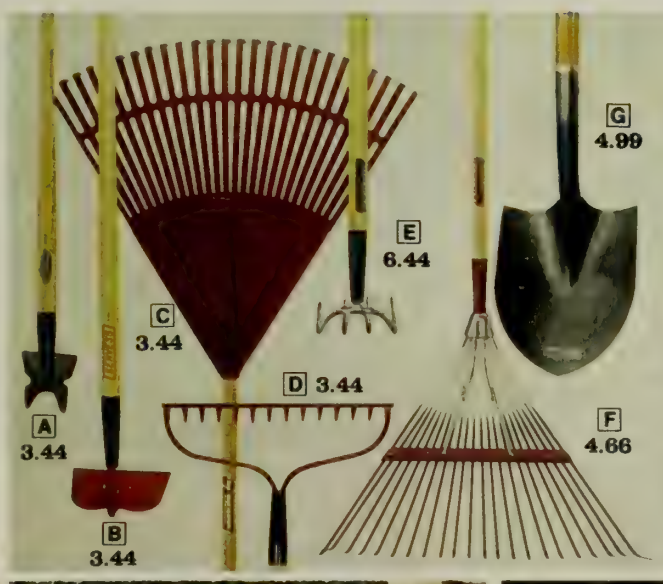

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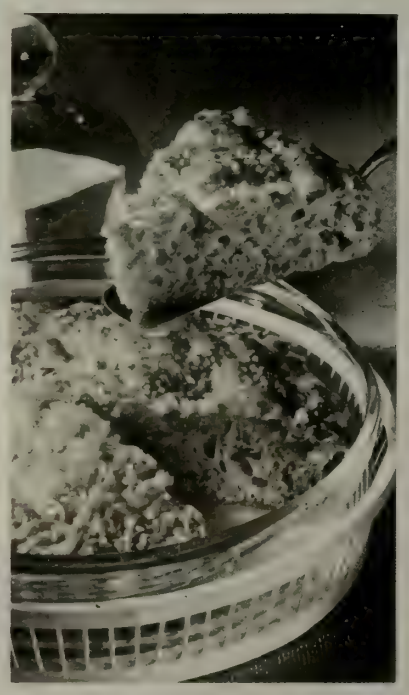
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Golden curry powder, an indispensable ingredient in Indian and Far Eastern foods, has been in use for almost 15 hundred years. What makes curry unique in the herb and spice family is that it's not simply the seed or leaf derivative of one particular plant but a blend of many seasonings. Cumin, coriander, fenugreek, turmeric, and red pepper are almost always included in the mixture. But there may be as many as 15 or 20 different seasonings used in varying proportions depending upon the manufacturer. That's why some versions of curry powder are much hotter than others.

To get the most flavor from curry powder, moisten or cook it in a little fat before using. The flavor blend and aroma will also improve with long, slow cooking. The fresher curry powder is, the better it tastes—so avoid prolonged storage and keep it tightly covered in a cool, dry place.



**CURRY CHEESE BREAD**

*A flavorful accompaniment for chowder or a cold meat platter—*

**¼ cup chopped onion**
**1 tablespoon shortening**
**1 beaten egg**
**½ cup milk**
**1½ cups packaged biscuit mix**
**2 tablespoons curry powder**
**1 cup (4 ounces) shredded sharp process American cheese**
**2 teaspoons sesame seed**
**2 tablespoons butter or margarine, melted**

Cook onion in shortening till tender and light brown. Combine egg and milk. In mixing bowl, stir together biscuit mix and curry powder; add egg mixture and stir only till dry ingredients are moistened. Add onion and *half* the cheese. Spread dough in greased 8x1½-inch round baking dish. Sprinkle top with remaining cheese and sesame seed; drizzle melted butter or margarine over all. Bake in 400° oven 20 to 25 minutes. Serve warm. Makes 8 to 10 servings.



**CHICKEN CURRY SOUFFLÉ**

*Serve with a tossed salad and hot rolls or muffins—*

**3 egg whites**
**1 cup cream-style cottage cheese**
**3 egg yolks**
**¼ cup finely chopped onion**
**1 clove garlic, minced**
**2 tablespoons butter or margarine**
**2 tablespoons all-purpose flour**
**1 teaspoon curry powder**
**½ teaspoon salt**
**¼ teaspoon ground ginger**
**½ cup milk**
**1 cup coarsely chopped cooked chicken**

Beat egg whites till stiff peaks form; set aside. In another bowl, beat together cottage cheese and egg yolks. In a heavy saucepan, cook onion and garlic in butter

argarine till onion is tender
not brown. Combine flour,
, salt, and ginger; add to
r mixture, mixing well. Add
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nickened and bubbly. Stir a
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four 1-cup casseroles (or in-
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ediately. Makes 4 servings.

Photographs: Dieter



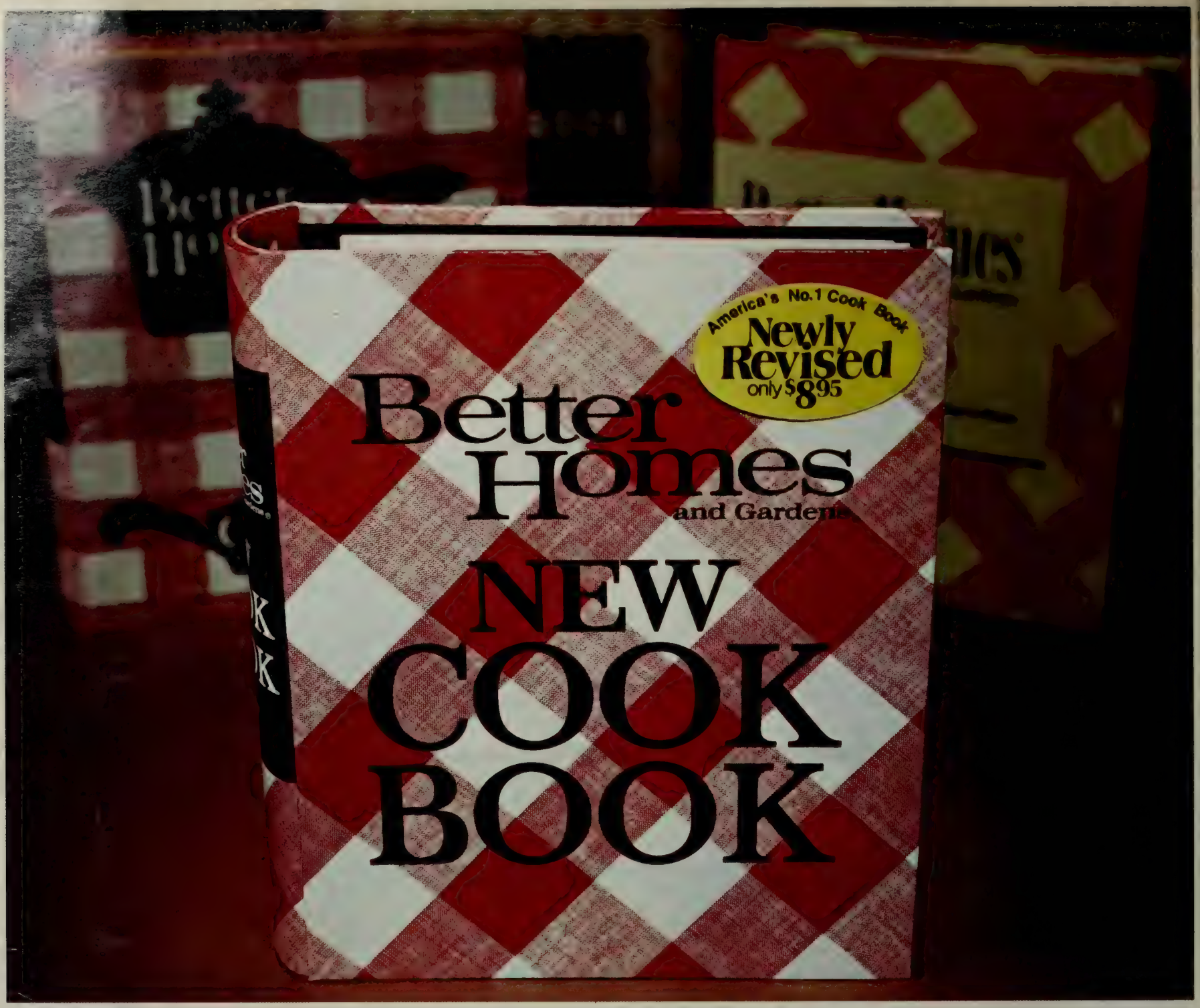
**RRIED APPETIZER SPREAD**

*a small bowl to mold the ad into a dome shape—*

**ups dairy sour cream**
**cup finely chopped pimiento-tuffed green olives**
**cup finely chopped celery**
**cup finely chopped green epper**
**ablespoons finely chopped reen onion**
**ablespoons lemon juice**
**easpoons curry powder**
**easpoon salt**
**easpoon worcestershire sauce**
**h bottled hot pepper sauce**
**cup finely crushed rich round crackers (16 crackers)**
**ablespoons butter or margarine, melted**

Line a 3-cup bowl with plastic wrap. In mixing bowl, combine sour cream, olives, celery, green pepper, onion, lemon juice, curry, salt, worcestershire, and hot pepper sauce. In another bowl, combine crackers and melted butter or margarine. Spoon about one-third of the sour cream mixture into lined bowl; sprinkle with half the crumbs. Repeat layers, ending with sour cream mixture. Cover and chill several hours or overnight. To serve, turn out onto serving plate; remove wrap. Garnish with additional olive slices, if desired. Serve with crackers or vegetable relishes.




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New kitchen appliances, new cooking methods, the metric system, even new supermarket items . . . all change the ways you cook. And that's why, for the ninth time since its introduction, we've once again made major revisions in the Better Homes and Gardens New Cook Book. It contains more than 1500 kitchen-tested recipes that turn out as planned everytime. And this is only part of the reason it has been used by more homemakers than any other cook book.

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HE COOKS

# beef polenta pie

When Stephen Braitman of San Bruno, California, learned his recipe had been selected for the He Cooks column, he was amazed. "I'm famous for my battered Ford and an atrocious red suit I wore in high school," he wrote, "but I don't claim to be a great cook."

His recipe for Beef Polenta Pie suggests otherwise. It's an adaptation of classic Italian polenta served with tomato meat sauce. Steve inverts the cornmeal and meat mixtures and bakes them together in a pie plate, then serves up wedges topped with a snappy tomato sauce. This hearty dish calls for light accompaniments. Steve chooses salad and a green vegetable.

**Buying information, page 130**





Photographs: Lyon; Dieter

**BEEF POLENTA PIE**

- ½ pound ground beef
- 5 ounces fresh mushrooms, chopped (about 2 cups chopped)
- ¾ cup chopped green pepper
- ½ cup chopped onion
- 1 clove garlic, minced
- 1 beaten egg
- ¾ cup soft bread crumbs (1 slice bread)
- 1 teaspoon salt
- ½ teaspoon dried oregano, crushed
- ⅛ teaspoon pepper
- Few drops bottled hot pepper sauce
- ¾ cup cornmeal
- ¾ teaspoon salt
- 2 cups water
- 3 half-slices process American cheese
- 1 recipe Peppy Tomato Sauce

In 10-inch skillet, cook ground beef, mushrooms, green pepper, onion, and garlic till beef is browned and vegetables are tender. Remove from heat. In bowl, combine egg, bread crumbs, the 1 teaspoon salt, the oregano, pepper, and hot pepper sauce. Combine with meat mixture. Turn into ungreased 9-inch pie plate; set aside. In medium saucepan, combine cornmeal, the remaining ¾ teaspoon salt, and the water; cook and stir over medium heat till thick and bubbly. Spread atop meat mixture in pie plate. Cover with foil. Bake in 350° oven for 30 minutes. Uncover; top with cheese. Return to oven till cheese melts, about 3 minutes more. Let stand 10 minutes before serving. Serve with Peppy Tomato Sauce. Makes 4 servings.

*To make Peppy Tomato Sauce:* Combine *one 8-ounce can tomato sauce, ⅛ teaspoon garlic salt, ⅛ teaspoon celery salt,* and a *dash worcestershire sauce;* heat through. Makes about 1 cup sauce.

**WANTED: RECIPES MEN LIKE TO COOK**

*Men—share your recipe with us. We'll pay you $50 for it if selected. There are no food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. Recipes submitted become the property of Meredith Corporation.*




You can take this round steak and make a good dinner for two.



Or a great dinner for six.

**Pepper Steak with Rice.**

- 3 cups hot cooked rice
- 1 pound lean beef round steak, cut ½ inch thick
- 1 tablespoon paprika
- 2 tablespoons butter or margarine
- 2 cloves garlic, crushed
- 1½ cups beef broth
- 1 cup sliced green onions, including tops
- 2 green peppers, cut in strips
- 2 tablespoons cornstarch
- ¼ cup each water and soy sauce
- 2 large fresh tomatoes, cut in eighths

While rice is cooking, pound steak to ¼ inch thickness. Cut into ¼ inch wide strips. Sprinkle meat with paprika and allow to stand while preparing other ingredients. Using a large skillet, brown meat in butter. Add garlic and broth. Cover and simmer 30 minutes. Stir in onions and green peppers. Cover and cook 5 minutes more. Blend cornstarch, water, and soy sauce. Stir into meat mixture. Cook, stirring, until clear and thickened—about 2 minutes. Add tomatoes and stir gently. Serve over beds of fluffy rice. Makes 6 servings.

For other menu-stretching recipes, write to: Rice Council of America, Box 22800, Houston, Texas 77027.

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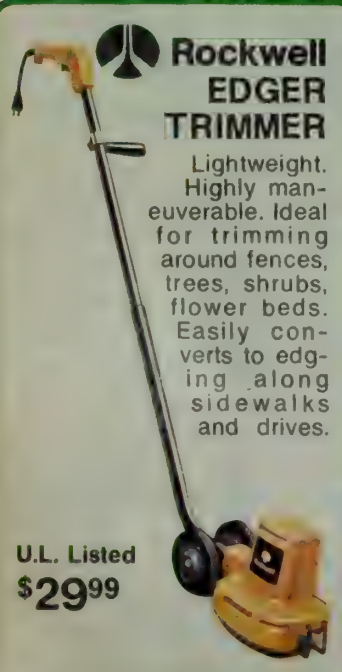
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# A REGULAR FEATURE DESIGNED TO MAKE AROUND-THE-HOUSE JOBS EASIER FOR YOU — TIPS TOOLS & TECHNIQUES

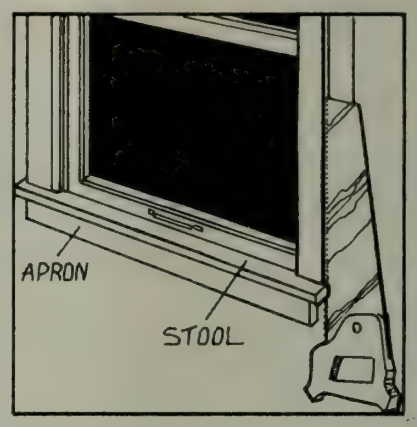
This feature is written by you. It's a wide-ranging collection of shop hints, installation tips, and repair shortcuts that you—along with millions like you—have picked up from your experience as a do-it-yourselfer. We pay $25 for each problem-solver we publish. See the box below for details.

## PROBLEM

**While installing ceramic wall tile around a window, you have to negotiate the protruding ends of the window stool.**

## SOLUTION

Notch the tiles with a saber saw, fitted with a tungsten carbide blade. Or, if you prefer, use a handsaw to cut a groove for the tile in each stool end; make the groove slightly thicker than the tile. To help make the job easier, cut a piece of scrap wood a bit thinner than the tile and slip it between the saw and wall; the wood spacer will gauge the cut, keep the saw blade vertical, and protect your wall from scratches.




## PROBLEM

**There's an unsightly hole in the drywall.**

## SOLUTION

Make a rectangular patch from a piece of scrap drywall, then use the patch as a pattern to draw an outline around the hole. Cut along the lines with a keyhole saw to remove the piece of wall containing the hole. Now cut a piece of ½-inch plywood about two inches wider and longer than the patch to serve as a backup plate. Make a temporary handle by driving a screw partially into the plate an inch or two from the center, then lightly coat the border of the board with panel adhesive. Insert the plywood diagonally through the hole and snug the plate squarely against the back side of the wall by screwing a 1x2 brace to it from the front side. After the adhesive dries, remove the front brace and screw "handle," spread a thin coat of panel adhesive onto the front of the plywood and back of the patch, then screw the patch to the plywood. Finish up by spreading joint compound along the crack and over the entire patch; sand when dry and follow up with one or two extra coats, if necessary.

## PROBLEM

**Hairline cracks have appeared in old lead joints around elbows, tees, and traps in a soil pipe drain system.**

## SOLUTION

Thoroughly clean and dry the surrounding area, then apply a bead of epoxy plumbing putty to the crack; allow it to harden completely before using the system again.

Do you have some do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools, & Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and all submissions become the property of Meredith Corporation. We do not accept previously published ideas.

# PASTRY POINTERS

nt to make your pies turn s pretty as those in our pic- ? These helpful hints de- ng tools and techniques d start you off right. We'll e next time you bake a pie, l be spectacular enough to at the table instead of cut- ieces secretly in the kitchen!

Photographs: Dieter



## THE ESSENTIALS

o make a tender, flaky, pie- , sprinkle a few drops of wa- t a time over a flour, shorten- and salt mixture in the bowl. quickly and lightly with a to distribute water evenly. o pushing moistened dough e sides of the bowl until the e mixture clings together. e into a ball.

lace the dough on a lightly ed surface (pastry cloth, ter top, or slab of marble), flatten with the edge of your l. Then roll out the dough the center to the edges till it inch thick. You might find a stocking over a rolling pin make this task easier. Also, y pastry cloths are marked eight- and nine-inch pie di- sions to guide you.



## THE EXTRAS

Once that pastry crust is fitted the pie plate, you can be cre- ative. Our model is forming a petaled crust with cutouts from extra dough. You can dream up freehand designs, or use tiny hors d'oeuvre cutters as we did here.

To make lattice-crust pies, use a fluter to make wavy edges. For some doughs such as puff paste, you might want to try out the new rolling pins you fill with ice water to keep the pastry chilled.

You might also try brushing milk, egg and water, or butter over the pastry to create golden brown crusts.

To prevent over-browning, carefully wrap a band of foil around the pie plate. ■


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MICROWAVE COOKING

# POTPOURRI OF IDEAS

**We have a potpourri of recipes for microwave users this month—a soup, a vegetable, and a beverage. Each recipe is designed to use a microwave oven to best advantage.**

**Note: Counter-top microwave ovens vary by manufacturer, so timings given here are approximate. After trying a few recipes, you'll be able to adjust timings to your oven.**


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GF GENERAL FOODS


**MUSHROOM SMOOTHIE**

*Serve either as a first-course or luncheon soup—*

- ½ cup chopped onion
- ¼ cup snipped parsley
- 2 tablespoons butter or margarine
- 8 ounces (3 cups) sliced fresh mushrooms
- 1 tablespoon cornstarch
- 1 can (1¼ cups) condensed beef broth
- 1 teaspoon worcestershire sauce
- ¼ teaspoon dry mustard
- Dash pepper
- 1 cup dairy sour cream



In 1-quart glass casse micro-cook onion and par covered, in butter or marg till tender, about 1½ min Stir together mushrooms cornstarch. Stir into onion ture. Cover and micro-coo minutes, stirring once. broth, worcestershire, mus and pepper. Cover, and m cook 2 minutes. Stir. Cook to 2 minutes more or till he through. Stir in sour cream. mixture into blender conta Cover and blend till ne smooth. Pour back into casse return to microwave oven. Co cook 1 minute or till he through. Serve topped with a tional snipped parsley.

Mixture may be made ah and refrigerated. To reheat, c covered, 4 minutes or till he through; stir after 2 minu Makes 4 servings.

**CHEESY POTATO BOATS**

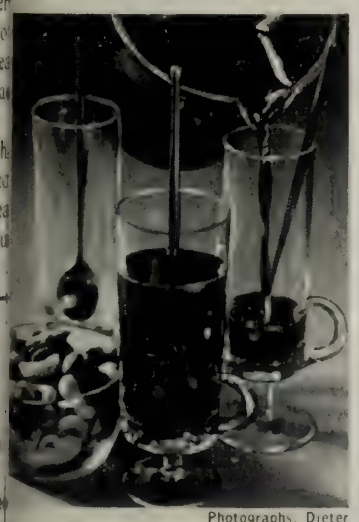
- 3 large (1¾ pounds) baking potatoes
- ¼ cup chopped celery
- 2 tablespoons chopped onion
- ¼ cup water
- 1 cup cream-style cottage che
- 2 tablespoons chopped pimie
- 1 tablespoon French salad dressing
- ¼ teaspoon salt
- ¼ cup (1 ounce) shredded process American cheese

Prick potatoes with a fo place on paper towels in mi wave oven, leaving 1-inch sp between potatoes. Micro-cook 15 to 18 minutes or till ten rotating and turning potat



three times. Remove from ; let stand a few minutes.
eanwhile, in small glass , combine celery, onion, and r. Micro-cook, uncovered, egetables are tender, about 2 tes, stirring once; drain. Cut oes in half lengthwise; scoop nsides, leaving ¼-inch shells. n potatoes (makes about 2 ). Beat in cooked vegetables, ge cheese, pimiento, salad ing, and salt. Refill potato s.
ace in 12x7½x2-inch glass ng dish. Micro-cook, covered waxed paper, for 6 to 8 tes or till heated through, ng dish three times. Sprinkle se atop; micro-cook, uncov- , till cheese melts, 30 to 60 nds more. Garnish with to- wedges. Makes 6 servings.

**SPICED NBERRY-APPLE WINE**
**ups cranberry-apple drink**
**ches stick cinnamon, roken up**
**ardamom pods, shelled**
**ups port wine**



Photographs: Dieter

n 4-cup glass measure, com- cranberry-apple drink, stick namon, and cardamom. ro-cook, uncovered, for 5 utes. Strain to remove spices; rn to 4-cup glass measure. port wine. Pour into four gs. Micro-cook, uncovered, 2 minutes more or just till bling around the edges, stir- twice. Makes 4 cups.





# GOOD FOR YOU, ELKE SOMMER.

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**The Special K Breakfast.**
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- Whenever possible, cook any microwave recipe in the same dish (not metal) it will be served in.
- If your favorite non-microwave recipe calls for steamed vegetables or sautéed celery or onions, micro-cook them in a glass bowl or measuring cup with a little water or butter. You'll save a skillet!
- If an often-used recipe calls for one cup of beef bouillon, place instant bouillon granules in water in a one-cup glass measure and heat in the microwave oven till dissolved.

# A SMALL HOUSE THAT SCORES BIG

By Stephen Mead

Big houses often rate high on a scorecard of attributes: good traffic patterns, a spacious feeling, privacy-protected bedrooms, plentiful storage, outdoor/indoor space for fun and entertaining. But a small house can tally up a good score too. This one—only 1,634 square feet—meets all our criteria of excellence.

What's the secret of its success? Good planning, which is apparent outside as well as in. The overall design is simple and straightforward, crisply accented by stained plywood siding and white window trim. All the glass areas are judiciously placed to capitalize on the outdoors without sacrificing privacy. The overall effect is completely harmonious.

But this house not only looks good, it also makes maximum use of every building dollar. All the materials you can see outside are standard size and readily available at competitive prices. Not apparent is the wood foundation, a recently developed system of treated plywood and 2x4s that saves the substantial labor charges of a masonry foundation. In addition, a foundation like this can be built in any weather and facilitates the finishing of any below-grade spaces.

The compact floor plan handles traffic easily. There's no need to crisscross any room, whether you're coming in from outside or just going from one room to another. Different levels naturally zone all bedrooms from the rest of the house; the kitchen and informal dining room blend together but are neatly separated from the dead-end living room. And there's a wealth of storage space, strategically spotted wherever it's needed. That "bonus" room off the kitchen can handle all bulk storage.

More of the good planning that went into this house is evident in the two-level bedroom wing. The rooms there are designed for flexibility—the upper level could be a complete parents' suite with the front bedroom converted to a sitting room. The lower level rooms can also be used in several different ways. Bathrooms and laundry are located for convenience and economical use of plumbing lines.

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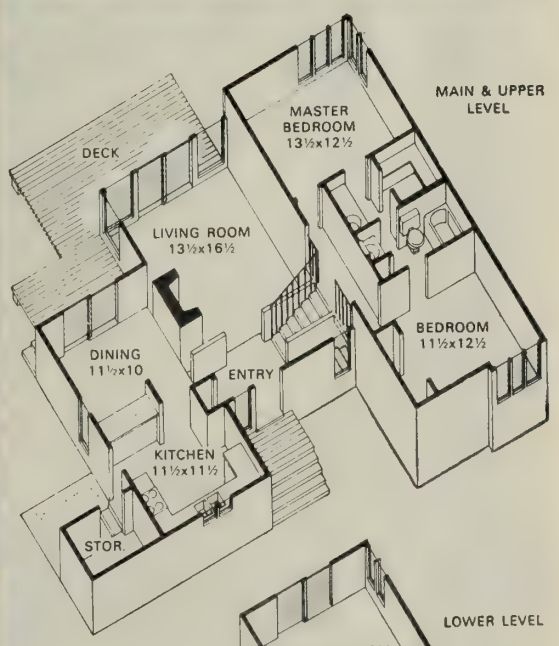
**Better Homes and Gardens.**
**House Plan 19748**
**To order, see page 104.**

Buying information, page 130










Photographs: Ross Chapple. Architect: Robert Bower, A.I.A. Interior design: Penneys. Builder: John Bagwell. Design sponsor: American Wood Council

# A SMALL HOUSE THAT SCORES BIG

To make the most of small space, the dining room and kitchen are only partially separated by a hardworking storage divider. The dining room *(right)* is handy enough to be used full time—from breakfast right on through the day. And the divider's counter top makes serving easy. There's enough dining room space for other things too—a family could keep the baby's playpen here.

When company comes, the room will serve beautifully—just use your best table settings and lower the level of the lighting in the kitchen. The room's rear wall opens to the deck just outside through insulated sliding glass doors.

The efficient kitchen *(below)* has a U-shaped working area close to the back door. This location is handy for unloading groceries, but out of the main trafficway so there's never a snarl-up to frustrate the cook.

This side of the divider pays off even more than the one in the dining room. There's generous storage above and below, and the counter offers a spot for a snack as well as a good place for the telephone.









The lower level den/bedroom *(far left)* offers a family a number of options. Furnished like this, it doubles as a family room and guest room—or it could serve as an office, studio, even a dormitory for the kids.

The entry *(left)* and the high-ceilinged living room *(below)* work in harmony to make the most of the space. The entry is large enough to welcome guests comfortably, and its partial walls screen the rest of the house from view. Although the living room is just 13½x16½ feet, it seems larger because of the open stairs and glass wall. And furniture can be arranged in a variety of ways.



Buying information, page 130

# GROW VEGETABLES WITH US IN A GREAT BACKYARD GARDEN

By Beverly Garrett and Russell O'Harra

Imagine raising 270 pounds of tomatoes, 107 pounds of beans, 66 pounds of cabbage, 149 green peppers, and MORE in your own backyard vegetable garden. We know you can do it because we planted a 25x25-foot plot last year and weighed or counted all the food the plot produced. Thanks to this testing, we can guide you away from pitfalls. And we're starting the plot again this season so we can garden with you, step by step, till fall comes and killing frosts hit. We will plant the garden just as it's shown on the plan at right, but it's best if you eliminate vegetables your family doesn't enjoy; why give growing space to produce food that won't be eaten?



## COSTS AND RETURNS

"Money doesn't grow on trees," but you'll think it grows in gardens when you tally up the totals on garden-grown foods. When we started this garden last spring, we didn't know if we'd break even, costwise. Seeds and other supplies were high. But produce prices soared, too, and the little vegetable plot yielded well. Here's how we came out:

**Costs.** The rotary tiller rental, straw for mulch, fertilizer, *Bacillus thuringiensis* (which we used on the cabbage, kale, and kohlrabi), plastic hand sprayer, started plants and sets, and seed totaled $47.68. We added a grow fence at one end of the garden which cost $23.26 (the fence paid for itself the first year). If you add the fence cost to seeds and other supplies, the total cost comes in at $70.94. We hit the driest summer on record, so we watered more than usual. The garden probably upped our water bill by $20.

**Returns.** Taking the average of vegetable prices from seven cities, we put a price on each vegetable grown, then used this figure to arrive at the market value of the food we weighed and counted at harvest time. The total value: $548.19. This includes food that was grown on the fence.









Photographs: William Hopkins

**Now's the time to start your backyard farm:**

**1.** Pick a location that gets five or six hours of sun a day.

**2.** Study the plan *(right)*. It's more complicated than the normal plan, but the idea is to get better than normal yields. The land is worked intensively.

- Fast-growing vegetables are interplanted with slow growers. Note the radishes with tomatoes.
- Early crops are followed by second plantings. See how turnips follow the salad greens. The turnips are broadcast in a band with no rows between.
- Rows are planted close together. To be honest, this makes harvesting harder, but the extra produce really compensates.
- Some crops (beans, cucumbers, peas) are double-planted. Two rows have just six inches between them. You get a stand that's twice as thick in the same space.

The varieties specified on the plan are known producers, but substitute your own favorites if you wish.

**3.** When your planning decisions are made, you're ready to get the soil in shape.

If you're breaking new sod, rent a rotary tiller for the heavy work. Don't till when the soil is wet or you'll compact it. If your soil is sod-free and your back strong, you can spade the garden instead of tilling it.

Mark off the garden boundary with stakes and twine, then spade or till. Break up clods; rake.

Spread fertilizer evenly over the plot; rake it in. We used 18-24-6 fertilizer.

**4.** Mark off and stake the areas within the plan such as the tomato bed, path, and other features to help you judge spacing.

**5.** Now you're ready for the first planting session. Only the cool-weather crops go in this month; this means you set out cabbage and onion plants and sow beets, carrots, chives, broccoli, kohlrabi, Swiss chard, lettuces, parsley, peas, radishes, and spinach. *Do not* set out tomatoes yet, unless you're safely past danger of frost. Hold, too, on beans, squash, cucumbers, peppers, eggplant, and the second crops.

**6.** Using twine/stake guidelines, mark each row before you sow seeds. Make furrow with a hoe. If seeds are big like the peas, above, hand-place them. Pat soil in to close furrow. If seeds are tiny, tap gently into row, then barely cover with soil.

**7.** To set out cabbage (and/or broccoli) plants, knock sets out of the plant packs gently. Separate roots and plant each individually in a hole dug with a trowel.

Dig individual holes for each onion set; place onions in ground at the level they grew formerly. Plant them just two inches apart so you'll have plenty to pull for early green onions, plenty to leave for large winter onions.

**8.** Water newly set plants.

When all your early crops are in the ground, take the hose and mist until the seedbed is evenly dampened. Don't pour on water.

At this point, you have over half your garden in the ground. Next month, we'll get the fence up and the warm-weather crops set out or sown.

**To order an assortment of seeds, see page 104.**




**A** Green or yellow zucchini or Summer Crookneck squash
**B** Nantes Half Long carrots with Sparkler radishes (mix seeds together so both grow in row)
**C** Black-seeded Simpson lettuce followed by Just Right turnips
**D** Bloomsdale Long-Standing spinach followed by Just Right turnips
**E** Ruby lettuce followed by Just Right turnips
**F** Dwarf Gray Sugar edible-pod peas
**G** Parsley and basil
**H** Chives
**I** Eggplant*
**J** Tokyo Bell peppers*
**K** Stringless Green Pod beans (two rows planted six inches apart; buy two packs of seed)
**L** Early Wonder beets
**M** Shallots*
**N** Early White Vienna kohlrabi
**O** Roquette followed by onions from seed
**P** Dwarf Blue Curled Vates kale
**Q** Onions*
**R** Red Acre cabbage*
**S** Early Jersey Wakefield cabbage* or broccoli* (onions planted between)
**T** Danish Roundhead late cabbage* (onions planted between) (Oak Leaf lettuce and Tendergreen mustard replace cabbage mid-season)
**U** Surecrop Stringless wax beans (two rows planted six inches apart; buy two packs of seed)
**V** Straight Eight cucumbers (two rows planted three inches apart)
**W** Romano pole beans (two rows three inches apart)
**X** Rhubarb chard (sow in clumps six inches apart)
**Y** Burpee's Big Boy tomatoes*
**Z** Early Girl tomato*
**AA** Rutgers tomato*
**BB** Yellow Pear tomatoes*
**CC** Patio tomatoes*
**DD** Roma tomatoes*
**EE** Small Fry tomatoes*
**FF** Comet radishes between tomatoes
**GG** Existing rhubarb
**HH** Flowers

*Buy started plants or sets

# REMODELING: LOW-COST KITCHEN AND BATHROOM IDEAS

**It's a toss-up whether a house first shows its age in the kitchen or a bath. Whichever, those age signs are dismal to live with. But, you don't have to. You can rejuvenate a kitchen and/or bath for less than you think —and here's the proof.**



BEFORE



By
**Noel Seney**

The "before" problems here were obvious and typical. The walls were in poor condition, the lighting was inadequate, the flooring was worn out, and the mirror and the lavatory were real eyesores. Now, focus your eyes on the "after" transformation. It resulted from a combination of large and small projects—many requiring minimum handyman skills, others demanding more expertise. For this type of renewal, first tackle the walls and floor. Remove the old flooring and nail 1x2 furring strips on the wall behind the sink. Then apply hardboard to the furring strips and glue vinyl tile to both that wall and the floor. The tub surround is plastic-coated hardboard (it comes in a kit) glued directly to the wall. The large mirror was attached with clips; the medicine cabinet is a box made with 1x12s and divided into compartments. Doors (1x2s routed to receive ⅛-inch sheet plastic) are held in place with dowels; each door swings up and slides back in grooves cut into the sides.

**Here's an estimate of materials costs:**

| | |
|---|---|
| **Floor and wall tile (this room is 12x12)** | **$202** |
| **Mirror** | **28** |
| **Lumber, hardboard, plasterboard** | **129** |
| **Paint** | **27** |
| **Electrical supplies** | **31** |
| **New lavatory, faucet, plastic laminate** | **63** |
| **Tub surround kit** | **100** |

**In addition, plan about $42 for miscellaneous, making the total about $622. If you hire a contractor, expect costs of $1,500-$1,600, complete.**

# REVIVE A RUN-DOWN KITCHEN



BEFORE



Photographs: Mike Dieter. Design: Stephen Mead

Tired was the best way to describe this "before" kitchen. No doubt the asbestos floor tile, the linoleum counter top, and the cabinets were good quality in their day, but wear and tear had finally won out. And the family now living here still had to cope with stoop-and-squat storage for their pots and pans. Now, with minimal changes, the 10x10 kitchen has done an about-face.

To duplicate this redo, remove the old linoleum from the backsplash and the edging from the counter. Then take out the sink and cover the old top with ¾-inch plywood. You may or may not need a new 1x2 across the front for the edge. Then comes the plastic laminate with the butcher block look. With a saber saw, cut through both laminate and new plywood for the sink and re-install it.

Build the pullout shelves at left as you would sideless drawers and mount with heavy-duty hardware. For the vertical unit, frame perforated hardboard panels and mount on drawer slides at the bottom.

**For this project, figure costs like this:**

| | |
|---|---|
| **New sink rim** | **$24** |
| **Plastic laminate (counter/backsplash)** | **46** |
| **Lumber and plywood** | **215** |
| **Paint** | **28** |
| **Self-sticking floor tile** | **88** |
| **Hardware (pulls and drawer slides)** | **56** |

**Adjust this total of $457 to the size of your project. If you hire a remodeling contractor to do all the work, the total, including materials, would be about $1,270.**

# GIVE AN OLD BATH NEW SPARKLE



BEFORE



Built too late to ever qualify for quaintness, this bath was old enough to make cleanup a backbreaking chore. And no amount of scrubbing could erase the dull and stodgy look.

Here's how this middle-aged bath was turned into the crisp, contemporary room shown in the large photo. First came the stripping off of the old surfaces—carpet, wallpaper, and the tile around the tub. Then came the rebuilding—floor underlayment and new plywood around the tub. The tile used here is a new pre-grouted kind that you can put up 36 tiles at a time—the little grouting you do goes quickly. The plastic tile behind the lavatory was in good shape, so it was just painted. Fabric was applied to the walls with wallpaper paste, and the medicine cabinet surround was built with 1x6 boards. All three fixtures were spruced up with a new epoxy material that's applied with a brush or spray gun.

**The costs of materials for this bath were:**

| | |
|---|---|
| **Ceramic tile** | **$318** |
| **New mirror** | **4** |
| **Lumber and paint** | **56** |
| **Epoxy material for fixtures** | **30** |
| **New light fixture** | **18** |
| **New shelves above toilet** | **35** |
| **Fabric for walls** | **10** |
| **Sprayer rent and miscellaneous** | **36** |

**Add about $850 to the materials total of $507 if you hire everything done.**

# ADD A NEW WALLFUL OF CONVENIENCE



BEFORE

One wall in this corridor kitchen went unused for over 20 years. Now every inch pays off in storage space and style.

The new wall surface is simply pine boards. To achieve the same effect in your kitchen, first apply four horizontal 1x2 furring strips (this will also provide the space for any wiring changes you may want to include). Then nail pine 1x6s to them, starting at either end. If you get the first board absolutely vertical, the rest will go up quickly. Trim top and bottom with a 1x2, fill nail holes, and finish with two coats of urethane varnish.

Plan the open storage according to the appliance lineup, the size of the new ductless range hood, and, of course, the reach of the chief cook at your house. The storage unit here is all pine 1x12s, nailed and glued together with butt joints. The new hood was wired in and attached just below the shelf above the range.

This project can be easily budgeted on a one-step-at-a-time basis—first the wall, then the shelves, and finally the hood.

**Estimate your materials costs like this:**

| | |
|---|---|
| **Pine 1x6s for an eight-foot wall** | **$30** |
| **Furring strips** | **8** |
| **Urethane finish** | **6** |
| **Pine 1x12s for shelves** | **22** |
| **Paint for shelves** | **4** |
| **New ductless hood with light** | **75** |

**To this $145, add about $175 for a pro.**

# CONSUMER CHECK✓OUT™

BY AMY WHITE






**Dress up your doorstep —** and get America's best-selling doormat in the bargain. The **AstroTurf® Door Mat by Monsanto.** Its extra-long fibers help scrub shoes, boots and golashes clean. Dirt, mud and snow stay outside where they belong. It comes clean with a shake or a hosing, and it's highly resistant to rot and mildew. Best of all, durable AstroTurf Door Mats are now available in your choice of colors — grassy green, with a perky white daisy, or rich decorator cocoa. Look for **AstroTurf Door Mats by Monsanto** at your favorite store, and dress up every doorstep at your house.




**Aren't you ready for an anti-perspirant spray with no aerosol propellants?** Many people are. When new **Ban™ Basic®** was given to the entire town of Sonoma, Cal. to try, aerosol users preferred it more than 2 to 1 over their regular spray. Ban Basic stops wetness better than the leading anti-perspirant. It gives all day protection against odor. And because **Ban Basic** is concentrated, a 3 oz. size actually lasts longer than an 8 oz. aerosol. Let's go over the advantages of **Ban Basic** once more—stops wetness better than the leading anti-perspirant, all day protection against odor, more economical than an 8 oz. aerosol, aerosol users prefer it 2 to 1. Try **Ban Basic.**




**Caulk the bath or kitchen yourself if your husband's busy.** It's easy with **KWIK-SEAL®** Tub & Tile Caulk by DAP®. Just squeeze the tube to make neat, white, watertight seals around tub, sink and shower joints. **KWIK-SEAL** takes care of those unsightly cracks. Prevents moisture damage. Resists mildew. Stays flexible. And it's so versatile, too. You can use it to grout and point tile. Patch Styrofoam plastic items such as picnic coolers. Caulk around window and door frames to prevent heat loss. So keep a tube handy. **KWIK-SEAL** is just one of a hundred quality home care products from DAP — the name people know best in home fix-up. DAP Inc., Dayton, O. 45401.

# GARDENING IN APRIL

Good spadework done in April can make permanent improvements in your garden. One of the most satisfying ways to spend your time and effort is to revamp your perennial border. Set in a few plants you've never grown before, add new varieties to existing plantings, and revitalize crowded plants by dividing.

### Once they're planted, you can expect these to live for years

*Phlox.* These hardy plants take sun or light shade, and they send up huge flower heads during June and July. Now you can get bicolors (white with red centers), pure white, any pink or red you could ask for, and colors approaching blue. Before you buy, check on heights—they range from two to four feet. While you're thinking phlox, look around the bases of your established plants. Now's the time to dig out self-sown seedlings that might be taking hold. These volunteers seldom hold the true color of the plant, often reverting to an undesirable magenta.

*Gas-plant.* Although gas-plants do best where they get a few hours of sun a day, they will send up their spiked white or pink blooms when planted in partial shade. They need little care once established; the tall (three-foot) bloom spikes will appear reliably in May and June. They perform at their peak when left in the same spot for years; move clumps only when they're overcrowded.

*Lythrum.* You can depend on lythrum to bloom for three or four weeks in early summer. The flower colors range from white to purple—all varieties bloom with several one-foot spires.

*Yarrow.* Imagine six- to eight-inch flower heads of bright yellow blooming all summer in your perennial bed. Yarrow will give you this and more. Use it fresh as a cut flower, or dry the flowers for all-winter duty in indoor arrangements. The leaves of some varieties resemble the foliage of ferns.

After you've filled the gaps in your perennial beds, take a look at your established plants. Did you have a peony that didn't bloom as well as you wished last spring? Are your daylilies getting overcrowded? Late April is the ideal time to take care of dividing jobs in the perennial border.

*Daylilies.* These vigorous perennials need division every four to five years. To divide, lift the entire clump with a spade or fork. Divide into pieces of healthy shoots. Plant each division on a rounded cone of soil as much as roses are planted. The cone of soil lets the roots fan out naturally and supports the crown of the new plant. The crown, the point where roots meet the top, should be one inch below soil.




# Put your office skills back to work.

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You can put your office skills back to work again for a day, a week, a month or longer—as a Kelly employee. We're a temporary service company. We employ people like you because many companies (our customers) need your skills to help get their work done. And it's not just typing and secretarial work. We employ clerks, bookkeepers, receptionists, and more.

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### Patching bare spots in your lawn



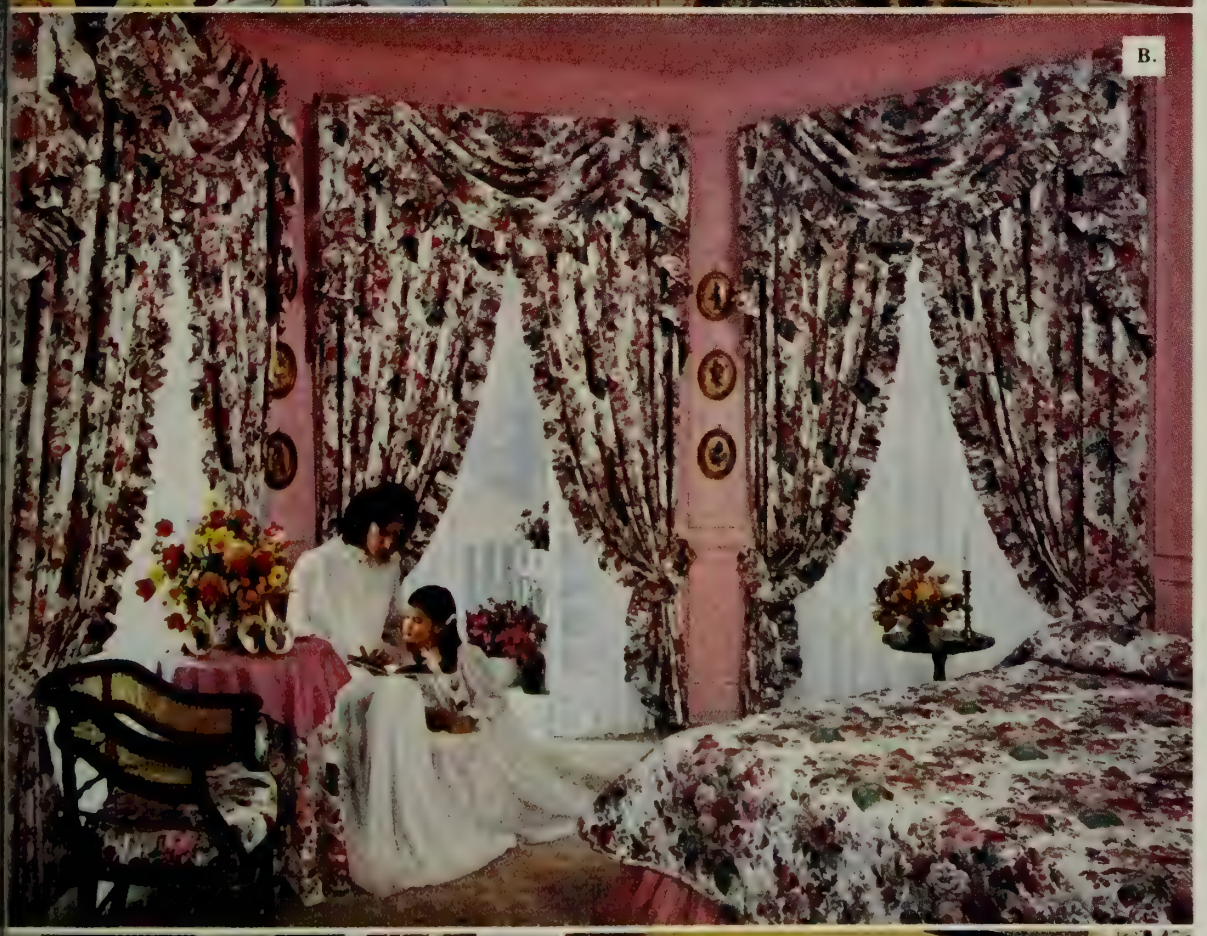
There are many little tasks you can get out of the way before you really get busy with spring planting. And patching unsightly bare spots in the lawn is a prime example. These spots appear where children use a swing or play ball—wherever there's an unusually heavy traffic pattern. There's no need to seed such a small spot when you can effect instant repair. Check the flower or shrub border to see if it isn't being invaded by unwanted grass that you have never gotten around to trimming properly. This overgrowth can now work to your advantage. Just stretch a cord and use a spade or trowel to remove the sod you need. Cut no thicker than an inch and sod will root quickly.

Prepare the bare area by turning the soil, adding some lawn food, and raking it in. Smooth and level the spot with a rake. Then you're ready to lay down the narrow strip of sod you removed from your border. Be sure that you square the sides of the bare spot before laying the sod so you can butt the strip square with them for a neat fit. Otherwise, you'll have a botched effect that is no improvement over what you started to repair. If there are any cracks, fill them with loose soil. Tramp the sod or sharply pat it down with the back of a spade.

To hold grass patches on a bank, stake sod pieces in place. Use slivers of wood or slices of shingles. Water every other day for two weeks—or until rooted.

Your best defense against future bare spots is vigorous turf. So, feed in spring and fall, and aerate the soil in traffic areas.










# It's easy to make your home look like you've had a decorator because...

# Sears makes House Calls!

**Q. "What's a Sears House Call?"**

**A.** "Just call Sears Custom Drapery Shop for an easy, in-home appointment with one of Sears Decorator Consultants. Right at home, she can help you make your own ideas even better. And she gives you free estimates."

**Q. "What are the other advantages of Sears Custom-Made Draperies?"**

**A. 1. "Incredible Selection"**
Over 2500 custom colors, textures and patterns. Hundreds of treatments.

**2. "Lush Fullness"**
You get lots more fabric and deeper, richer folds in Sears Custom Draperies.

**3. "Sears Quality Craftsmanship"**
Patterns match as seams. Weighted, blindstitched hems. Perfect style and fit. Professional installation. The kind of quality I expect from Sears.

**4. "At A Cost You Can Afford"**
You can get many of the same quality fabrics you've seen elsewhere—at Sears low prices, with Sears credit plans.

**Q. "How long does it take?"**

**A.** "Several weeks. But Sears Custom Shop will promise you a date and *keep* it."

**Q. "How do I make an appointment?"**

**A.** "Drop by or call the drapery department of your local Sears, Roebuck and Co. store. They'll set up an appointment with one of Sears 1400 Decorator Consultants for your own free House Call!"

**A.** "Metropolitan" Antique Satin 60% rayon/40% acetate (#70640). Custom reupholstery fabrics also available.
**B.** "Darlington" (#61534) Custom quilted bedspreads also available.
**C.** "Adobe" (#70988)
**D.** "Essex" Velvet 100% cotton (#70916)

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Back then, education taught men to run the world
and women to run the house.




Warning: The Surgeon General Has Determined
That Cigarette Smoking Is Dangerous to Your Health.




17 mg. "tar," 1.0 mg. nicotine av. per cigarette, FTC Report Nov. '75






# DID YOUR GET-UP-AND-GO GET UP AND GO?

You know how it feels. You wake up full of zip. You're all set for a good day. But as the day wears on, you begin feeling fizzled out.

You need something to pick you up.

You need Vivarin.

Vivarin is a gentle pick-me-up. The active ingredient that makes Vivarin so effective is the caffeine of two cups of coffee squeezed into one easy to take tablet.

Vivarin...it can help put the get-up-and-go back into your day.







# GOOD NEWS




**Electric tools with loss-proof rechargers**

The first rechargeable electric tools got rid of trailing extension cords. This totally new system goes a step further—it does away with the little recharging transformer that has a way of vanishing when you need it most.

The battery pack has two prongs that you plug directly into the wall for recharging. Once charged, the same package plugs into the tool to provide needed power.

Since one battery pack operates an entire line of tools, each tool costs less than a comparable one with batteries built in. Tools available include two models of grass shears, a shrub and hedge trimmer, a lantern, and a two-speed electric screwdriver/drill.

*Powerpack,* $13.99; tools from $10.99 to $31. Disston, Inc., Porter Bldg., 601 Grant St., Pittsburgh, Pa. 15219.




**Multipurpose sprayer for most outdoor jobs**

Attach this versatile sprayer to the end of your garden hose and you're ready to tackle just about any spraying job around your lawn or garden. Flip the top-mounted switch to the left and it's a foliage sprayer that mixes water with chemical concentrates at a ratio of 24 to one. Flip the switch to the right and it's a 60 to one soil sprayer. A scale engraved on the side of the transparent bottle makes it easy to measure concentrates accurately.

After you've determined the concentrate ratio needed for your project, just dial the nozzle for the desired spray pattern. A twist gives you a 30-foot jet stream for high tree branches; another twist offers a fan-shaped spray for lawns; and a couple more twists produce a fine spray—at up or down angles—for rosebushes, shrubs, and vegetables.

The sprayer is corrosion resistant and virtually unbreakable. The self-filling mechanism lets you prepare solutions with minimum exposure to chemicals.

*Ortho Lawn and Garden Sprayer,* $4.95 in garden departments. Ortho Division, Chevron Chemical Company, 200 Bush St., San Francisco, Calif. 94104.

**continued**










# Same soil. Same water. Same sun. Almost twice the flowers. What a fertilizer this is.

Every beautiful flower you've ever seen had a firm stem and a fine root under it. The root's job is to reach out for food and water. All you have to do is make sure the food and water are there for the taking.

We know some people make it seem more complicated. They say you need one thing for annuals, another for perennials and something else for roses. But you just plain don't.

We make a fertilizer for flowers here at Scotts in Marysville, Ohio, and we just call it Grow Flowers. You use it on all flowers, seeds, seedlings and full-grown perennials.

Scotts new fertilizers for flowers, shrubs, trees and transplants.

What flowers need most is nitrogen, phosphorus and potassium. Almost all fertilizers have nitrogen but many of them "release" it right away. After that, your flowers do without.

We make "Grow Flowers" our own way so it releases nitrogen slowly for weeks and weeks. This longer feeding makes the stems strong and gives you more blooms and bright colors. Food helps put color in roses' cheeks just like people's.

As you can see from these boxes, we also have a few other ideas for your garden just as simple as "Grow Flowers."

If the name makes it all sound easier then you're used to, maybe it's because plain talk is all we use in this town.



# A TASTE OF HIDDEN VALLEY RANCH® BUTTERMILK SALAD DRESSING WILL TELL YOU WHY EVERYONE'S TRYING TO IMITATE OUR TASTE.




Thousands of people came to Hidden Valley Guest Ranch just to eat our fresh, lively salad dressing. It became so popular we packaged it for the home. It's not surprising, then, that some companies are now trying to imitate our great, creamy, taste.



We're flattered because it only proves how smooth, and delicious our unique salad dressing is.

Just take the Hidden Valley fixings, mix them up fresh with mayonnaise and buttermilk, and you end up with the most extraordinary bowl of salad dressing.

Try Hidden Valley in all five flavors. *After all, why eat a copy when you can have the Original.*





# GOOD NEWS




### Dramatic improvement of an outstanding tire

It's hard to improve something that's already great, but the manufacturers of this new steel-belted radial tire have apparently done it. There's 16 percent more steel under the tread—and the tread itself is deeper than that of the tire it replaces. An extra tread row helps improve wet cornering by 15 percent, and dry pavement stopping by five. Together, these features stretch tire tread life by ten to 25 percent.

Not only is this tire decidedly tough, it also overcomes the one drawback that some people find in radials—harsh, noisy ride. These new tires ride quietly and smoothly, without sacrificing the responsiveness that made radial tires as popular as they are.

*Sears Roadhandler Steel-Belted Tires,* from $48.

### Super-hot torch for the homeowner and hobbyist




The high-energy fuel used by this home workshop torch burns with a much hotter flame than propane does—over 3,200 degrees F. The extra heat speeds up many typical propane torch jobs like pipe thawing, paint removal, and copper pipe soldering. In addition, the torch will enable you to do some things that you couldn't do with propane, such as light brazing of copper and steel, silver soldering of jewelry, and even minor metal sculpting projects.

The solid brass torch features a special fuel/air mixture design that makes blowing out the flame almost impossible. Unlike propane torches, this torch works as well upside down as upright.

*BernzOmatic MAPP Gas Brazing Kit,* $29.95 in hardware and department stores. BernzOmatic Corp., 740 Driving Park Ave., Rochester, N.Y. 14613.

**continued**



# Introducing Jell-O® BRAND Pistachio Flavor Pudding: A nutty new dessert that also makes a great cake.

If finding new desserts for your family is driving you nuts, try new Jell-O® Brand Pistachio Flavor Instant Pudding. You'll get the crunch of almonds and pistachio nuts along with the creamy smoothness you expect from Jell-O® Pudding.

You can eat our new pudding with a fork, too: try our Pistachio Marble Pudding Cake recipe. It has extraordinary moistness to go with its extraordinary flavor.

New Jell-O® Brand Pistachio Pudding. Your family will love it.

**Pistachio Marble Cake**

1 package (2-layer size) yellow cake mix
1 package (4-serving size) JELL-O® Pistachio Instant Pudding and Pie Filling
4 eggs
1 cup water
½ cup oil
½ teaspoon almond extract
¼ cup chocolate syrup

Combine cake mix, pudding mix, eggs, water, oil, and extract in large mixer bowl. Blend; then beat at medium speed of electric mixer for 2 minutes. Measure 1½ cups batter; stir in chocolate syrup. Spoon batters alternately into a greased and floured 10-inch BUNDT® or tube pan. Zigzag spatula through batter to marble. Bake at 350° for 50 minutes. Cool 15 minutes; remove from pan and finish cooling on rack. Sprinkle with confectioners sugar, if desired.

7¢ STORE COUPON 7¢

**SAVE 7¢ ON JELL-O® BRAND PISTACHIO PUDDING**
**When you buy 2 packages.**

Offer limited to one coupon per purchase. Take this coupon to your grocer now.

MR. GROCER: General Foods Corporation will redeem this coupon for 7¢ plus 5¢ for handling if you receive it on the sale of Jell-O® Brand Puddings and if, upon request, you submit evidence thereof satisfactory to General Foods Corporation. Coupon may not be assigned or transferred. Customer must pay any sales tax. Void where prohibited, taxed or restricted by law. Good only in U.S.A. Cash value 1/20¢. Coupon will not be honored if presented through outside agencies, brokers or others who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption. For redemption of properly received and handled coupons, mail to GENERAL FOODS CORP., COUPON REDEMPTION OFFICE, P.O. BOX 103, KANKAKEE, ILLINOIS 60901. Good only upon presentation to grocer on purchase of Jell-O® Brand Puddings. Any other use constitutes fraud. **Offer expires April 30, 1977.**

BHO 4000-7




BHO 4000-7

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Jell-O is a registered trademark of General Foods Corporation.
BUNDT is a registered trademark of Northland Aluminum Products.

# Hershey's Easter Bunny Basket



## You make it with love and Hershey's® Kisses.

Here's how: Wrap aluminum foil around a one-pound coffee can. Use cotton balls for cheeks. And colored paper to cut out whiskers, ears and bow.

Glue* on one Kiss to make a nose. Another Kiss, cut in half, for the eyes. Surround face with Kisses in silver foil. Cover rest of can with Hershey's pretty pastel Easter Kisses.

Now you've got an original Hershey's Easter Bunny basket. And don't forget to fill it with lots of delicious Kisses. That way the whole family will enjoy that real Hershey's milk chocolate.

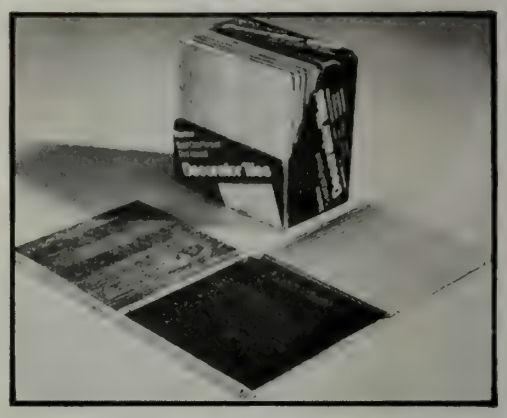
*Confectioners' glue recipe: Blend one large egg white and 1¾ cups confectioners' sugar in small mixer bowl. Beat 2 minutes at high speed. Yield: ¾ cup.




HERSHEY'S

FAMILY FOOD IDEAS


# GOOD NEWS



**Parquet tiles—more than just a floor covering**

Do you have a project coming up that you'd like to finish with genuine hardwood? You can achieve smashing results simply by covering the surfaces with these oak parquet tiles.

Each six-inch-square tile is made up of seven narrow strips of oak. Edges are precision tongued and grooved, so there's no problem getting a perfect fit. And all surfaces have a factory-applied urethane finish, so the tiles will keep their good looks through years of abuse.

The product is a natural for covering tabletops, shelves, and bar tops. The surface is even durable enough for a workbench. But let your imagination go. Why not cover a blah door with the tiles? Or reface out-of-style cabinets? Those metal TV and appliance cabinets can really be brought to life with a new covering of solid oak. In fact, you could even use the tiles to match your refrigerator door to the kitchen cabinets you're updating with the tiles.

*Hartco Solid Oak Decorator Tiles,* $5.95 per twelve-tile package. Tibbals Flooring Co., Oneida, Tenn. 37841.




**Foolproof way to preserve your fresh flowers**

You can capture the beauty of freshly picked flowers and foliage and save it forever with this nontoxic preserver. It's simple to use. Just place about one inch of the powder in the container holding the blossom. Then carefully sift the material into and around the flower, being extremely careful not to distort the natural shape of the petals.

Let the preserver do its work for three to seven days (depending on flower size), then carefully remove the flower and gently blow the remaining preserver particles from the petals. A light application of vinyl sealant spray will stop moisture from reentering the petals.

*Flower Power,* $6.95/3-lb. can, in craft and hobby shops. Flower Power, 7140 Irving, Westminster, Colo. 80030. ■

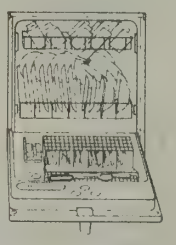
# Yes, it scours pans clean.



Right, our Whirlpool dishwasher with the Super Scour cycle does the heavy work—not you. All you do is scrape normally and load according to instructions. Skeptical? Well then, just consider all these additional Whirlpool features.

Two spray arms . . . no dish goes unwashed, even in the furthest nooks of the washer. A durable porcelain enameled interior that resists rust. And a Whirlpool exclusive, silverware and cutlery baskets in the door that help keep sharp edges and points safely away from your hands.

See a Whirlpool dishwasher with the Super Scour cycle at your nearby dealer. You'll love it for all those great features. And when you see those problem pots and pans come out gleaming clean, you'll be a true believer. Yes, it really *does* scour pans clean.



Whirlpool makes the only dishwasher with silverware and cutlery baskets in the door.

Whirlpool
Home Appliances

We believe quality can be beautiful.

# Painful elimination is unnatural.

Many people have experienced the pain of dry, hard stools. And many have come to accept this, as if it were a natural part of elimination.

But there's nothing natural about it.

No matter what your age, you should have comfortable elimination.

And Serutan makes this possible.

Serutan is the effective laxative that forms a smooth gel in the lower digestive tract, where it combines with intestinal waste to give you comfortable relief.

There's no strain, and no cramps. That's because Serutan, with its natural ingredients, adds the necessary moisture and bulk to work *with* your system for smooth, easy results.

If you suffer from painful elimination due to constipation or dry, hard stools, try Serutan. You'll be very comfortable with it.





# CORRIDOR KITCHEN MEANT FOR A BUSY FAMILY

**The less you like to cook, the more care you should put into planning your kitchen. With an efficient kitchen, you can fix meals and clean up afterward in minimum time—and that's important.**

**The young family who designed and built this kitchen enjoy good food, but they don't give high priority to cooking in their long list of interests. Here's how they planned a kitchen to fit their multi-faceted life-style.**

The streamlined galley kitchen looks sleek and sculptural from any vantage point—especially from the living room (top photograph). And the kitchen is super efficient, too. Husband, wife, and kids find it a snap to whip up preschool breakfasts, short-order lunches, and quick, hot suppe

When the family entertai they line up buffet dishes on th high counter facing the livi room. For al fresco dinin guests often choose to move o to the deck overlooking a far pond filled with wildlife.



Photographs: Hopkins. Scout: Maxine Schweiker. Architect: Kenneth Bussard.



Buying information, page 130

The kitchen's good looks stem largely from carefully selected building materials. Quarry tile floors, rough-sawn cedar ceiling, and white plastic laminate counters and cabinets all contribute to the clean, contemporary feeling in this new house.

A high upstand behind the kitchen sink hides cooking clutter from company camped in the living room. Cabinets above the bar open from both sides so guests can help set the table without upsetting the cook.

All cabinets and drawers have stainless steel hardware that's easy to grab and handsome to boot. The same hardware is used on all closet and room doors throughout the house.

The cooking area (bottom left photograph) is well equipped with appliances to make meals a breeze to prepare. Two wall ovens, a built-in self-venting barbecue grill, and a side-by-side refrigerator are all within a few steps of each other.

A wealth of storage space contributes to the kitchen's efficiency. There's even extra room at the top of upper cabinets for pot-



tery, jugs, baskets, and extra-tall items.

The other side of the corridor is occupied by a sink and dishwasher with plenty of counter space on either side to fix meals, large or small. Deep drawers instead of cabinets work well to hold kitchen linen and utensils. ■

Regular: 17 mg. "tar," 1.3 mg. nicotine; Menthol:
18 mg. "tar," 1.3 mg. nicotine av. per cigarette by FTC Method.

# "Max, you've got taste."



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

## Max. The maximum 120mm cigarette.

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And that long, lean,
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# DECORATING

## WHAT MAKES A GOOD ROOM GOOD?

It's easy enough for us to tell you that a good room is one that's tasteful, comfortable, and suited to the occupant's life-style. But that doesn't tell you how it got that way. On these six pages we're going to dissect nine rooms to find out what makes each of them good in its own special way. We're not suggesting that these rooms represent the be-all and end-all of good design, you understand. We've chosen them because they all exhibit—in one way or another—the proper use of the fundamental elements of good decorating: scale, balance, proportion, color, texture, pattern, suitability, and arrangement. While it's important to know these basics, it's equally important that you don't let them cramp your style. A good room doesn't happen by slavishly following a set of rules. You must have the courage to assert yourself —even if it means bending the rules a bit. What you're after is a warm room that reflects your personality, not a "just so" showcase that's off-putting to people.

**By**
**Pamela Wilson Cullison**
**and Robert E. Dittmer**

Photograph: Fred Lyon. Design: Ann Valk Interiors. Source: Barbara East



△ Here's an example of gumption at work. The safe thing would have been to paint the walls white or some neutral color, but instead they've been covered with paprika (orange) silk fabric. As if orange walls aren't daredevil enough, there's also a purple sofa! Why does this unorthodox combination work? First of all, orange and purple are both derivatives of red, and therefore can work together. The important thing to remember is that these are bold colors, and you need to offset them with lots of white to keep them from looking garish. Here the taming has been done by painting the ceiling and the louvered shutters white, and by using a white carpet, a white chair, a white lamp, and a white mat for the print over the sofa.

But it's more than the canny use of color that makes this living room good. The furniture is an eclectic mix of classic designs—a Parsons table, a simple bamboo chair, and a red-lacquered cube. The owner has also broken a few "rules" by using a highboy dresser and a chaise longue—two pieces of furniture usually relegated to the bedroom. Is there something in your house you could use in a new way?

Photograph: Ross Chappell. Design: Don Bailey of Jesse Benesch & Associates. Source: Eileen D. Leubecker

△ Perhaps the single most important characteristic of any good room is "suitability." And that depends on how the room measures up to its intended use, how it meets the needs of the people who use it most. This living room, for example, is perfectly suited to families that like to entertain a lot, and/or those that like the freedom of a flexible arrangement.

The choice of a neutral color scheme in shades of white and beige, plus the use of mobile modular seating, adds up to a totally versatile living room. The back and side sections of the sofas can be switched with ease to form new groupings, and the backless sections can be moved around to serve as ottomans or pushed together to form a backless sofa. With this kind of free-wheeling furniture, you can plan your own space needs and move things around whenever the mood strikes you. Notice how the shelf/storage system blends naturally with the rest of the room. The chrome and glass shelves go all the way to the ceiling, deliberately accentuating the rise in ceiling height.

And if you think that a white room wouldn't be too suitable for a family with young children, think again. With today's easy-care fabrics it's surprisingly simple to keep a white room white. Here even the table and counter surfaces are easily sponged off.

Photograph: George de Gennaro. Design: Pasquale Vazzano, Aspen Village. Source: Pauline Graves



◁ Sometimes you can rely on architecture to help set the style of a room, but in many new homes the only features you can count on are four blank walls. Here pattern and occasional pieces have been used to create a country French feeling in an architecturally deprived room. The traditional sofa and wing chair have been covered in a blue and white print, and the pattern is repeated at the window for decorative impact. Unexpected elements keep the scheme from looking too predictably traditional. An old wooden trunk serves as a coffee table, and two space-saving wrought-iron floor lamps take the place of conventional table lamps. The antique *trumeau* (French painted mirror panel) over the sofa provides a focal point and adds to the provincial charm of the room. A mahogany Windsor chair, in harmonious scale with the upholstered pieces, rounds off the room without crowding.

**Buying information, page 130.**

Photograph: John Katz. Design: Kathy Andrews. Source: Hel



△ A good room doesn't happen overnight; it evolves and gets better with time. This year your walls might be white, but next year—if you take a cue from this color scheme—they might be emerald green. Accented in white, the green semigloss walls add flare to the mixed bag of furniture and provide a striking backdrop for a collection of paintings, posters, and prints. To pull off a room like this one, what you need is moxie—more than money. All the furnishings here (except the coffee table) were picked up at auctions or acquired secondhand from friends, then upholstered or refinished by the owner. The large area rug was made of remnants and pieced together with duct tape. And the total cost was $9!



Photograph: Fred Lyon. Design: Jean Chappell Interiors. Source: Barbara East Cathcart

◁ If you plan a room around a few good investments, you can round it out with inexpensive accessories and auxiliary furniture pieces and still achieve an elegant look. In this small guest room, a beautiful brass headboard and an antique chair are teamed with some decidedly plebeian items—and the mismatched roommates get along swimmingly. The thrifty "fillers" include an upside-down basket that serves as a bedside table, another basket that's been wired to work as a lamp, still another basket filled with fake fruit, an arrangement of dried wheat, and a simple shag rug for the floor. All of the accessories were acquired for a song, but a considerable amount of thought went into their selection.

# DECORATING

## WHAT MAKES A GOOD ROOM GOOD?

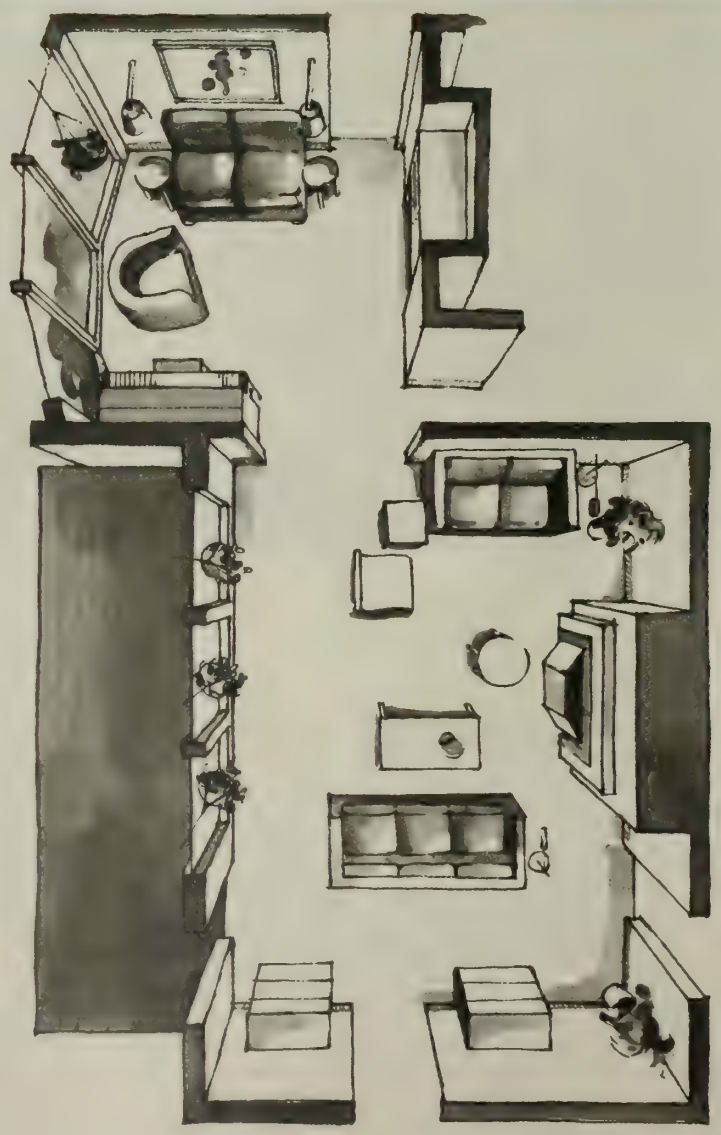


Photograph: Michael Haynes. Design: James W. Foy, A.S.I.D. Source: Barbara Gorder Sims

△ It may be true that you can't teach an old dog new tricks, but you can update a dowdy old room. Take the living room in this 1930s-style bungalow. Without sacrificing the beautiful old woodwork, the homeowners achieved a crisp contemporary look. Simple-lined furniture, minimal accessories, uncluttered windows, and a neutral color scheme are the elements that give this room its new lease on life.

As you can see from the floor plan, this is one of those houses where the front door opens directly into the living room, causing a walk-through problem. The problem is solved with an away-from-the-window furniture arrangement that ignores the front door and at the same time forms a through-way to the small sitting room beyond. Notice the gallery effect created by hanging baskets of greenery in front of the simply shaded windows and then lighting the baskets from below with canister lights. The combination of old and new, of practicality and pleasing design, makes this room simultaneously serene and exciting.

**Buying information, page 130**



# DECORATING

## WHAT MAKES A GOOD ROOM GOOD?



Photograph: Michael Haynes. Design: James W. Foy, A.S.I.D. Source: Barbara Gorder Sim

△ Size has nothing to do with whether a room is good or not. This living room is far from big (13x18 feet), but it's literally packed with practical ideas for a busy family with no space to spare.

- The sofa converts to a bed for overnight guests.
- The small see-through table in front of the sofa is easily moved when the bed's put to use.
- The burled-wood end table houses pillows and linens.
- The swing-arm wall lamps leave space for other things on the table, and don't have to be moved when access to the bed linens is necessary.
- The French-style chair and ottoman are inviting and comfortable for reading and relaxing.
- The chrome-armed chairs are scaled for the size of the room, and can be moved for flexible conversation groupings.
- And best of all, the wall storage system houses a family library, stereo speakers, and a drop-down desk that can also work as a sewing table or a small dining table.

To meld all these diverse functions, the color scheme has been kept simple and subdued. Books, pillows, and accessories contribute most of the color.

▷ Believe it or not, this airy and uncluttered dining room measures only 11x13 feet and is furnished with an assemblage of mismatched furniture. What keeps the room from looking overstuffed? First of all, the chairs. Although they don't match, they harmonize in size and scale, and their light look offsets the heaviness of the large armoire and the china cupboard. Big, chunky chairs would have made the room seem considerably smaller.

Success in a small room like this one is more than just happenstance. Great care has been taken to avoid the feeling of heaviness. The curtainless French doors, the delicate wrought-iron chandelier, the contemporary painting, and the rug all help to open up the room. And this room is as functional as it is beautiful. The small bench can be pulled up to the table for extra seating, and the armchairs can move into the living room at party time. The collection of Oriental-design platters and plates more than just sit there—they come down to the table at dinnertime. Just for fun, a big straw donkey serves as a centerpiece.

Photograph: Fred Lyon. Design: Jean Chappell Interiors. Source: Barbara East Cathcart



▷ Sometimes it makes good sense to accept the challenge of an eyesore and play up a room's vintage character for all it's worth. This Victorian bathroom was on the verge of being remodeled when the owners decided to hold on to the heritage of the wainscoting and the claw-foot tub. To underscore the old-fashioned look, they chose calico fabric for the window and walls, and fitted a wash basin into a marble-topped sideboard. (We realize you're not going to rush right out and snatch up an antique sideboard, but how about hanging an old mirror like this one over your sink?) Instead of using newfangled light fixtures, they found a chandelier and an old wall lamp, and perked up the latter with a coat of white paint. And although the floor is a new vinyl product, the pattern captures the essence of old paving bricks.

A small stool holds an old foot tub that's filled with an assortment of sponges, and above the tub a lavabo holds more sponges. It's small touches like these that make a good room extra special.

Two contemporary nude prints are surprise elements that keep this room from becoming a Victorian cliché.

**Buying information, page 130**



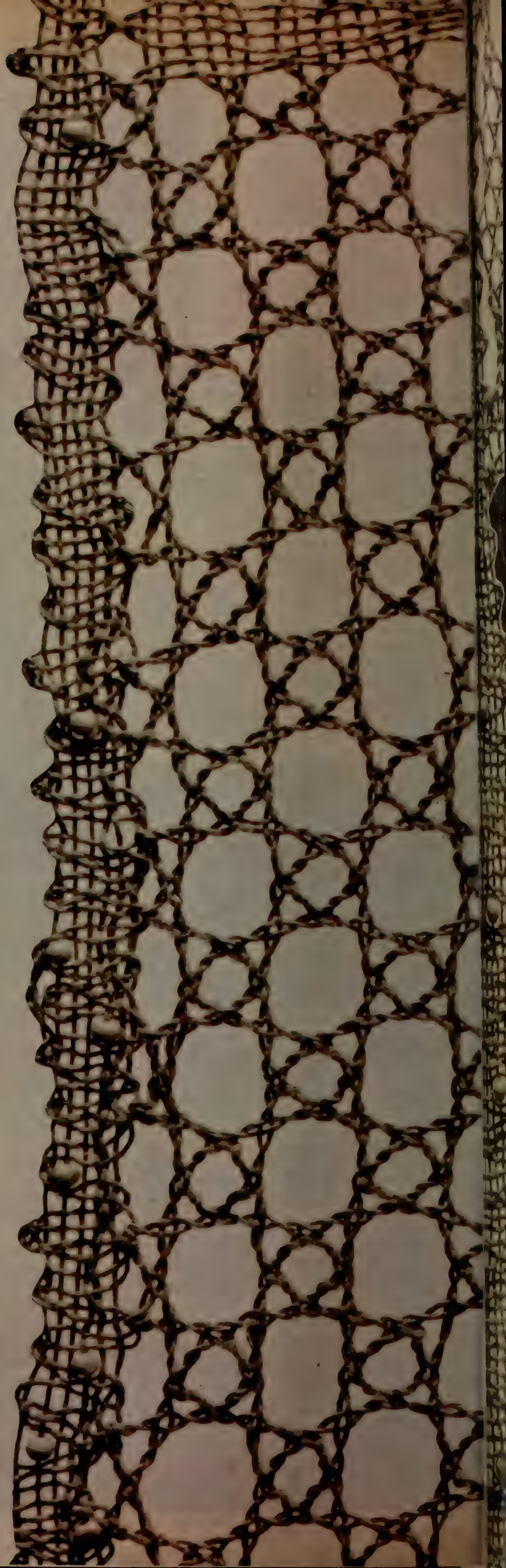
Photograph: Fred Lyon. Design: David-Justo. Source: Barbara East Cathcart

# DISCOVER THE BEAUTY OF BOBBIN LACE

By
Nancy Lindemeyer
and Ciba Vaughan

Kaethe Kliot beams when she talks about bobbin lace. When we visited her in the California studio she shares with husband Jules, Kaethe's hands moved dexterously at lace making. We asked her about the exciting new ways she and Jules have translated this age-old craft into a challenging contemporary one. In its traditional form, bobbin lace required the mastery of very complicated patterns and was worked with the most delicate threads. The Kliots and other bobbin lace enthusiasts have changed all that. Now, by simply twisting cords—good robust ones—and using easy-to-manipulate (and make) bobbins and a board like the one Kaethe is working on, below, you can create a beautiful openwork fabric with all the uniqueness of old-fashioned lace. The window curtain, right, is part of a sampler of bobbin lace patterns Kaethe made to illustrate the great versatility of the technique. To discover more about bobbin lace—and learn how to make the pillow fronts shown, right—please turn to page 108.





Photographs
William Hopkins, Fred Lyon
Designs
Kaethe and Jules Kliot

# DOWN-TO-EARTH LANDSCAPING GUIDE

**By Hamilton Mason, Beverly Garrett, and Russell O'Harra**

Well-planned landscaping can make your lot look better *and* live better, so it's a blue-chip investment. And it needn't be budget-breaking. To help you keep a firm hand on costs, we collected some no-nonsense plans for common situations, starting with up-front plantings. Study the design concepts for each, then modify or adapt the ideas to fit your needs. Next month, we'll tackle tough problem spots and outdoor living.



*japanese tree lilac*
*syringa amurensis 'japonica' 30'*
- creamy white flowers
- interesting bark

*rhododendron p.j.m. 6'*
- large, lavender-pink flowers
- broadleaf evergreen-glossy foliage
- tender without winter mulch

ALTERNATE PLANT
- compact species of hydrangea

*redbud*
*cercis canadensis 30'*
- flowers: purplish pink in May
- yellow fall color
- loose, informal shape
- used here to define space within court, provides shade and overhead canopy

*clay pots with annuals*

*wood screen*
- provides partial enclosure and extends architecture lawnward to unify space

*wood bench*
- unifies design elements

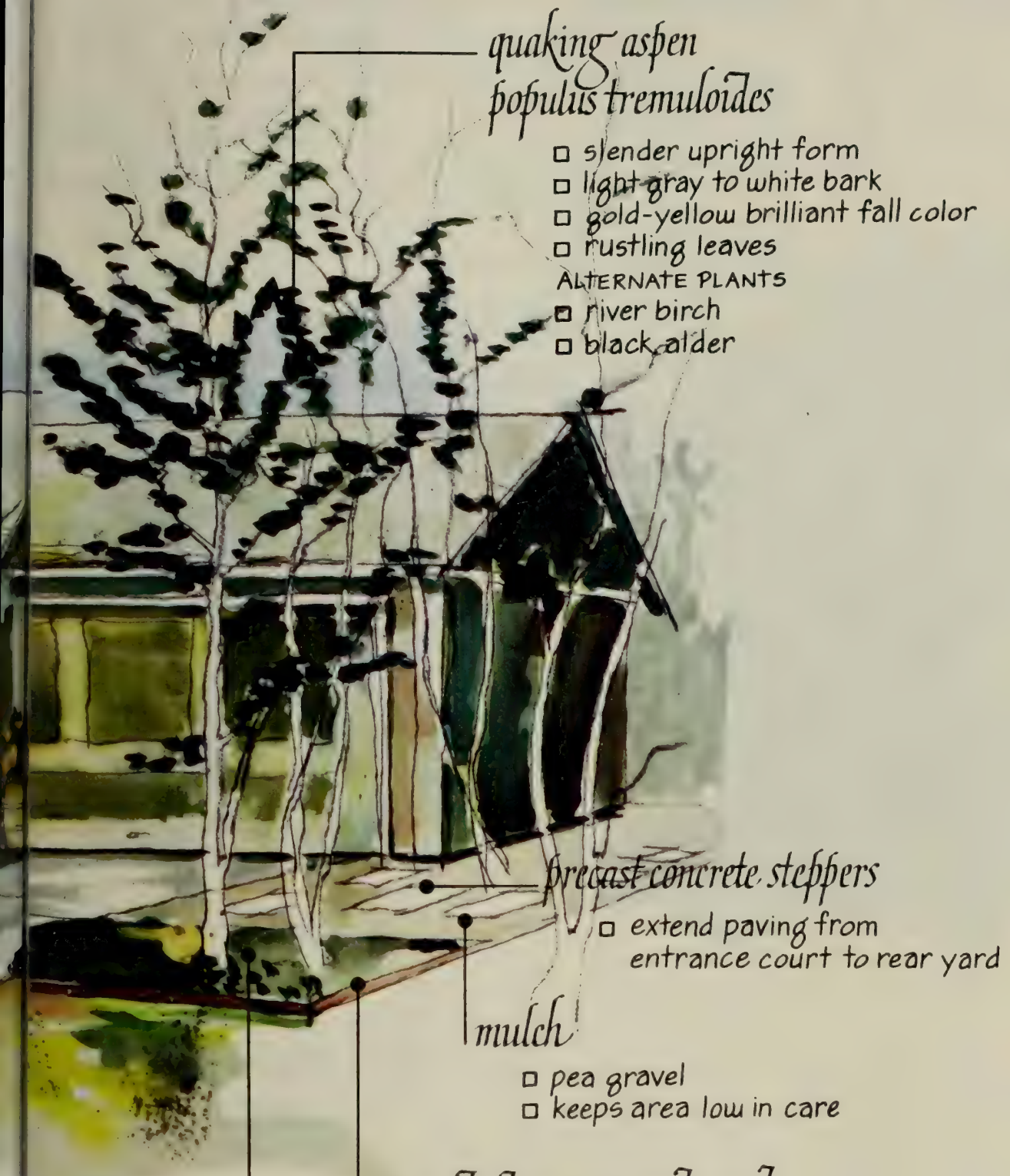
*wood edger 2x4 redwood*
- provides crisp edge
- contains mulch material

*purpleleaf wintercreeper*
*euonymus fortunei 'coloratus'*
- provides rich green carpet in entrance court
- mulch: bark, wood chips, or pea gravel

*entrance court*
- provides space for use as well as display
- different ground textures and patterns to give warmth (exposed aggregate and ground cover)

*light / sculpture*
- vertical element to add interest, scale, and light to entrance court

Landscape architects: Crose Gardner Associates. Drawings: Lois Hatcher




## START-FROM-SCRATCH LANDSCAPING

For the do-it-yourself landscaper, a plan of action is almost as important as a master landscape plan. You'll avoid a lot of headaches by proceeding with your work in a logical order.

**Preparation.** Start by doing all major grading, saving as much topsoil as possible. Create as many level areas as you can, and establish turf where you want it.

**Materials.** Have heavy construction materials, such as railroad ties, patio blocks, and sand, delivered early, so they can be unloaded where they are to be used. Put in water lines or sprinkler systems—avoid future hose hauling by installing water spigots at the front and back of the house. Run underground wiring at this stage. For your safety, building codes require all outdoor wiring to be wired through a ground-fault interrupter. Depending on voltage and type of wire, cables must be buried one to two feet deep. Have convenience outlets at the front and back of the house—power tools are of little use without handy outlets.

**Shopping for plants.** For budget-stretching landscapers, most nursery catalogs offer beautiful selections of bare-root trees, shrubs, and some evergreens. It's wise to order from nurseries where climate is similar to yours —Southern nurseries, for example, offer many plants which will not survive in the North. Visit local nurseries for learning and buying.

**Pre-planting.** Don't guess on measurements! Use a yardstick or flexible steel tape to measure for planting holes. Center a sturdy stake for each hole, and measure again when the plant is in place before filling the hole.

**Planting.** Follow the old adage, "Don't plant a $10 tree in a ten-cent hole." Dig a wide, deep hole for each plant—wider than the span of roots or twice the diameter of the soil ball. Work peat moss or compost (¼ by volume) into the backfill soil. For sturdy, early growth, mix in slow-release tree food as directed on the label. Soak thoroughly, and mulch around the trunk.

**After care.** Water heavily each week if little rain has fallen. A heavy mulch of pea gravel or wood chips slows drying of the soil. Feed each spring until plants are near desired size, then feed lightly each year to maintain vigor. You can water less in later years, but all plants must be watered heavily in dry spells.

**Caution.** Have plenty of strong helpers when heavy lifting is involved. Moving railroad ties and large balled-and-burlapped trees is not a one-man operation.

## design concept -- front of colonial house

- creates warm, inviting entrance court
- utilizes plants to create framework for entrance, with lower plants utilized in a formal design to complement the architecture
- larger plants provide color and interest

### saucer magnolia
### magnolia soulangeana 25'

- one of the earliest plants to bloom in the spring
- large tulip-like flowers appear before leaves
- location of plant gives importance to house entrance
- annual pruning needed until desired canopy is reached

ALTERNATE PLANTS
- yellow-wood
- crab apple varieties

### bigleaf wintercreeper
### euonymus fortunei 'vegetus'

- semi-evergreen
- showy pink capsule with orange berrylike fruit
- used here to break starkness of chimney

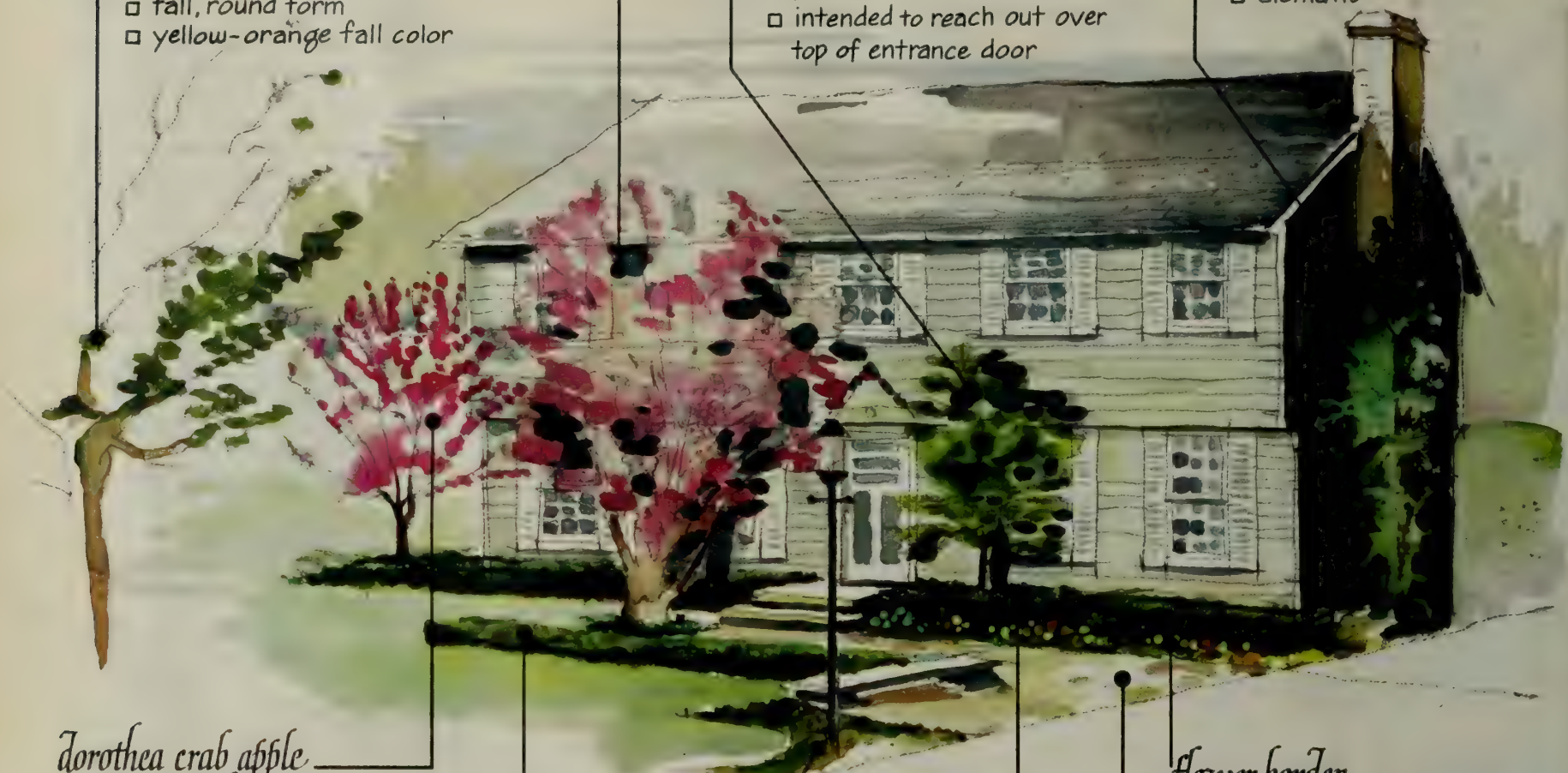
ALTERNATE PLANT
- clematis

### pagoda dogwood
### cornus alternifolia

- unique horizontal branching
- small cream-colored flowers
- interesting winter branching pattern
- intended to reach out over top of entrance door

### sugar maple
### acer saccharum 80'

- tall, round form
- yellow-orange fall color



### dorothea crab apple
### malus 'dorothea'

- flowers--crimson to rose
- fruits-- bright yellow
- dense, rounded habit
- provides soft transition from building to ground

### flower border

- adds a splash of color to entrance court

### brick surface

- entrance court is large enough to be in scale with house

### compact burning bush
### euonymus alatus 'compactus'

- brilliant red fall color
- easy to maintain as formal hedge due to its slow to moderate growth-- little trimming needed
- coarse branching structure with corky ridges on branches

ALTERNATE PLANTS
- barberry
- boxwood

### purpleleaf wintercreeper
### euonymus fortunei 'coloratus'

- broadleaf evergreen
- fall and winter color: purple

ALTERNATE PLANT
- periwinkle for shady situations

### dwarf japanese yew
### taxus cuspidata 'nana'

- formal/traditional dark green
- evergreen plant
- easily maintained as a formal hedge
- used as a continuous line to provide horizontal extension to visually reduce height of house

ALTERNATE PLANT
- juniper for hot, exposed locations

*radiant crab apple*
*malus 'radiant' 25'*

- flowers: deep pink, very showy
- fruits: bright red
- desired canopy obtained by pruning
- accents entrance, provides interest, overhead canopy, interrupts roof line

ALTERNATE PLANTS
- other crab apple varieties

*common witch-hazel 15'*
*hamamelis virginiana*

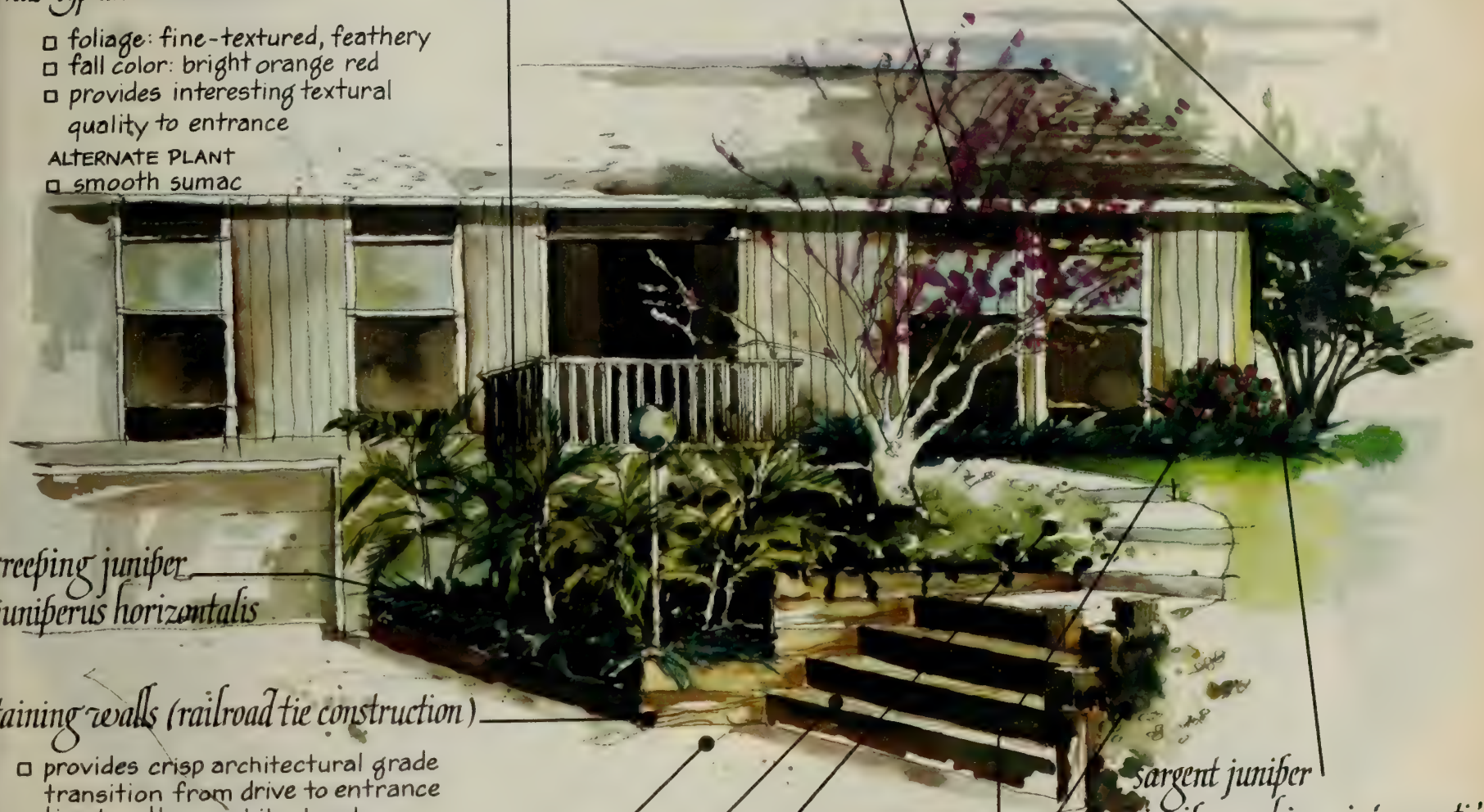
- yellow flowers blooming in late fall
- fall color clear yellow
- excellent specimen for seasonal interest
- provides smooth transition from front to side of house

ALTERNATE PLANT
- star magnolia

*cutleaf staghorn sumac*
*rhus typhina 'laciniata' 10'*

- foliage: fine-textured, feathery
- fall color: bright orange red
- provides interesting textural quality to entrance

ALTERNATE PLANT
- smooth sumac



*creeping juniper*
*juniperus horizontalis*

*taining walls (railroad tie construction)*

- provides crisp architectural grade transition from drive to entrance
- ties together architectural and natural elements of entrance

*recess this area from drive to facilitate easy access to and from auto*

*steps*

- grade transition with railroad ties
- steps and earth slope

*purpleleaf wintercreeper*
*euonymus fortunei 'coloratus'*

- used here to hold slope
- attractive foliage

ALTERNATE PLANTS
- periwinkle
- creeping juniper

*bigleaf wintercreeper*
*euonymus fortunei 'sarcoxie'*

- semi-evergreen
- showy pink capsule with orange berrylike fruit
- glossy green foliage
- will intertwine with ties

*sargent juniper*
*juniperus chinensis 'sargenti'*

- evergreen
- steel blue foliage

*rhododendron p.j.m.*

- flower: bright lavender pink
- broadleaf evergreen, foliage turns purple in fall
- provides splash of color at entrance

ALTERNATE PLANTS
- other varieties of rhododendron

*design concept -- entrance with grade change*

- provides smooth architectural extension of house entrance to drive

# BUSY-DAYS COOKING: 16 DINNER IDEAS

BY DORIS EBY AND SALLY P. TORPEY

Cooking a special meal and serving it to your family or friends can be a richly satisfying experience. But let's face it. *No* one has the time for "creative cooking" *every* day of the week. What can you do on those days when your busy schedule and your family's complex timetable cut cooking time down to the nub? We have the answers! Our main dish recipes are specially designed to help you get dinner on the table in next to no time—and they taste so good, no one would dream you fixed dinner on the double.





## 30-MINUTE MAIN DISHES

Sandwiching dinner between workday responsibilities and evening commitments doesn't have to mean ham on ryes for supper. In less than 30 minutes you can do yourself proud with one of these delicious main dishes. For a fast-cooking fish-steak feast, try Halibut in Vegetable Sauce. Onion, green pepper, and tomato give a garden-fresh flavor.

A hurry-up rice curry spiked with apples and raisins makes a tasty bed for Chutney Chops with Pineapple. Packaged precooked rice, canned pineapple, and quick-browning slim-cut chops make it a speedy skillet dish.



**Blitzkrieg tactics turn handy frozen hash browns and smoked link sausages into a hasty hearty meal. Skillet Hofbrau Hash is seasoned with apples, onion, brown sugar, and poppy seed. Chicken livers are briskly browned in bacon drippings, then combined with a blended cream cheese/chicken soup sauce. Saucy Chicken Livers are served atop English muffins and sprinkled with crisp bacon bits.**

**Recipes begin on page 93**
**Buying information, page 130**



# DOUBLE-DUTY RECIPES





**ham**
**eggs**
**pimiento**

**salmon**
**peas**
**dillweed**

**milk**
**cheese**
**onion**
**parsley**

**With these tasty two-way recipes, you can prepare tonight's dinner, and—with a minimum of extra effort—have a bake-and-serve dish ready for tomorrow's meal, too. The recipes are done in two steps. First, prepare an ample amount of the base ingredient. Then divide it, add three or four additional ingredients to each portion, and, voilà—two entirely different entrées.**

**For example, make up a generous batch of homemade cheese sauce and divide it. With ham and pimiento added, it's the topping for tonight's puffy Golden Omelet with Ham Sauce. To turn the partner portion into Salmon-Cheese Pie, spread it over chunks of salmon, frozen peas, and a sprinkling of dillweed, then cover with pastry, and refrigerate for the next night.**

A zippy mixture of creole rice does double duty in these mated main dishes. The first night, add shrimp and ham cubes to the flavorful rice base and you have Jiffy Jambalaya. Combine the remaining rice with egg, milk, ground beef,

rice
tomatoes
onion
green pepper
garlic
sugar
thyme
chili powder
hot pepper sauce

ham
shrimp
bay leaf

ground beef
eggs
milk
horseradish

and horseradish; pack into a loaf pan, and chill overnight. Next evening, simply place Tangy Meatloaf in the oven along with baking potatoes, and dinner's practically ready. For last-minute menu planning, add a salad and applesauce.









You can make a two-pound round steak yield twice the good eating by splitting it for these exceptional entrées. Slice half the meat in thin strips, brown, and add, along with sour cream, to part of a beef-tomato sauce. Serve up the Round Steak Stroganoff atop hot buttered noodles to-

sour cream
noodles
parsley

green pepper
tomato sauce
oregano

beef round steak
beef broth
white wine
tomato sauce
onion
garlic
worcestershire sauce
paprika

night. Cut the matching meat half in four steaks, combine with the remaining tomato sauce plus green pepper, oregano, and more tomato, then slip the meat into the refrigerator. Next day, heat and serve Saucy Swiss Steak.

Recipes begin on page 93
Buying information, page 130





# START-AHEAD SUPPERS

**Let method take the madness out of hurry-up meal making. If early evening is rush hour at your house, simply use our ingenious start-ahead method that gets the main dish going early in the day.**

## marinate

**Mix up the marinade, then let Chinatown Chuck Roast tenderize as it steeps all day in soy, honey, and ginger. You've got the jump on the supper menu with this easy entrée on hand. Just broil the meat 15 minutes on a side, and it's ready to slice and serve.**

## refrigerate

**To start Broccoli Strata, layer slices of rye bread, cheese, and chopped broccoli, then pour on the egg-rich milk mixture and refrigerate. Let the strata soak, and whenever you're ready—six, 12, or 24 hours later—it's waiting to be baked into a moist, puffy main dish.**

Food Stylist: Jackie Shorter
Paulson Picture Foods
Photographs: Maselli



Pot-roasting a rump roast is as easy as plugging in the appliance or turning on the oven, when your entrée is Golden Spiced Beef. It's Sunday-dinner special, with onion, carrots, apricots, and orange juice. Cinnamon and nutmeg provide the spice.



Slow-stewing Brisket Carbonnade cooks in an onion-beer brew with a sprinkling of peppercorns and some bay leaves. Turn the beef broth into a heady gravy to serve over the savory slices.

Recipes begin on page 93
Buying information, page 130

# NO-TEND DINNERS

These no-watch entrées leave you free to come and go as you please while dinner cooks unattended. They can be popped into the oven and ignored for the afternoon, or tucked into a slow crockery cooker and forgotten all day. Either way, dinner is waiting when you get home.



With children around, getting ready for an evening out can send you into a flurry. You feed the kids, clear the table, load the dishwasher, and you wind up with barely a minute to spare. But help is at hand. These recipes are so easy that kids can cook up their own dinner (with a little sitter supervision), freeing you to enjoy your outing.



# SUPPERS KIDS CAN COOK

For hot Ham and Dillwiches, let eager hands roll a pickle spear inside ham and cheese slices smeared with a tasty spread. Each roll-up is tucked into a bun and heated. Teamed with finger vegetables, fruit, and milk, it's an ideal do-it-yourself dinner.





No matter how it's assembled, this kid-proof casserole will come out great tasting. Tamale-Frank Bake, layered with cut-up tamales, sliced franks, chili soup, and cheese, turns the evening into a mild Mexican adventure.

Recipes begin on page 93
Buying information, page 130

Want to beat the clock and stretch your food dollar? We'll help you do both with this collection of tasty dinner recipes—

# BUSY-DAYS COOKING: 16 DINNER IDEAS

**HALIBUT IN VEGETABLE SAUCE**

- 1½ pounds fresh or frozen halibut steaks
- ¼ cup chopped onion
- 1 clove garlic, minced
- 2 tablespoons butter or margarine
- 1 small tomato, chopped (½ cup)
- ⅓ cup dry white wine
- 1 tablespoon snipped parsley
- ½ teaspoon salt
- Dash pepper
- ⅓ cup milk
- 2 teaspoons cornstarch

Thaw halibut, if frozen. In 10-inch skillet, cook onion and garlic in butter or margarine till onion is tender but not brown. Add halibut, tomato, wine, parsley, salt, and pepper. Cover and cook over low heat till fish flakes easily when tested with a fork, about 10 to 12 minutes. Combine milk and cornstarch; add to skillet. Cook and stir till thickened and bubbly. Cook 1 to 2 minutes more. Makes 6 servings.

**CHUTNEY CHOPS WITH PINEAPPLE**

- 6 pork chops, cut ½ inch thick
- 2 tablespoons cooking oil
- 1 14½-ounce can pineapple slices
- ½ cup chutney, chopped
- 2 teaspoons salt
- 2 to 3 teaspoons curry powder
- 1 teaspoon instant beef bouillon granules
- 1 7-ounce package (2¼ cups) uncooked packaged precooked rice

In a 12-inch skillet, cook chops in oil over medium heat for 15 to 20 minutes, turning once. Remove chops from skillet; set aside. Drain pineapple slices, reserving syrup. Set 3 slices aside; chop remaining slices. Add enough water to reserved syrup to measure 2¼ cups liquid. In same skillet, combine the syrup mixture, chutney, the 2 teaspoons salt, the curry powder, and bouillon granules; bring to boiling. Stir in uncooked rice and chopped pineapple. Place meat atop rice. Quarter reserved pineapple slices; arrange over chops. Cover; reduce heat and simmer for 5 minutes. Makes 6 servings.

**SKILLET HOFBRAU HASH**

- 4 tablespoons butter or margarine
- 2 tablespoons brown sugar
- 2 medium apples, cored, pared, and sliced (2 cups)
- ¼ cup chopped onion
- 3 cups (12 ounces) frozen loose-pack hash brown potatoes
- 1 16-ounce can sauerkraut, rinsed and drained
- 1 12-ounce package smoked sausage links, halved crosswise
- ½ teaspoon poppy seed
- ½ teaspoon salt
- ⅛ teaspoon pepper

In 12-inch skillet, melt butter or margarine. Add brown sugar. Stir in apples and onion; cook, uncovered, till almost tender, about 3 minutes. Stir in frozen potatoes, sauerkraut, sausage, and seasonings. Simmer, covered, about 8 to 10 minutes or till heated through, stirring occasionally. Makes 6 servings.

**SAUCY CHICKEN LIVERS**

- 6 slices bacon
- 16 ounces chicken livers, cut up
- 1 can condensed cream of chicken soup
- ⅓ cup milk
- 1 3-ounce package cream cheese, softened
- Dash pepper
- 6 English muffins, split, toasted, and buttered
- 2 tablespoons snipped parsley

In an 8-inch skillet; cook bacon till crisp. Drain, reserving 2 tablespoons drippings in skillet. Crumble bacon; set aside. Brown half the chicken livers at a time in drippings, cooking just till slightly pink in center, about 5 minutes. Remove from skillet. In same skillet, heat soup till bubbly. Blend milk into cream cheese. Stir into soup; add pepper. Cook and stir till bubbly. Add chicken livers and crumbled bacon; heat through, about 2 to 3 minutes. Spoon over the English muffin halves. Top with parsley. Makes 6 servings.

**GOLDEN OMELET WITH HAM SAUCE—SALMON-CHEESE PIE**

*This two-in-one recipe lets you serve an omelet tonight and assemble a main-dish pie to bake the next day—*

- ½ cup chopped onion
- 4 tablespoons butter or margarine
- ½ cup all-purpose flour
- Dash pepper
- 2 cups milk
- 1½ cups (6 ounces) shredded process American cheese
- ¼ cup snipped parsley

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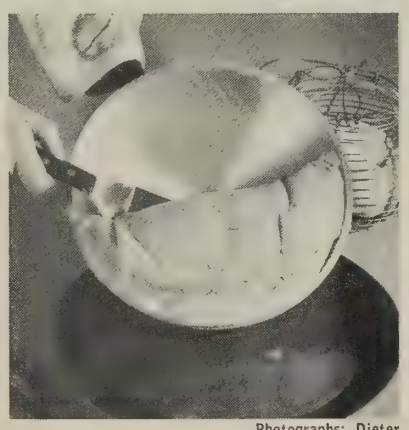
- 1 cup diced cooked ham *or* ½ of 12-ounce can luncheon meat, diced (about 1 cup)
- 1 2-ounce jar pimiento, drained and chopped (¼ cup)
- 2 tablespoons milk
- 6 egg whites
- 2 tablespoons water
- 6 egg yolks
- 2 tablespoons butter or margarine

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- 1 16-ounce can salmon, drained, and boned
- 1 cup frozen peas
- ½ teaspoon dried dillweed
- Pastry for one-crust 9-inch pie

In saucepan, cook onion in the 4 tablespoons butter or margarine till tender but not brown. Blend in flour and pepper. Add the 2 cups milk all at once. Cook and stir till thickened and bubbly. Add cheese and parsley, stirring till cheese melts. Remove 1½ cups sauce for Salmon-Cheese Pie; set aside.

*For Golden Omelet with Ham Sauce:* To remaining sauce in pan, add the ham, pimiento, and the 2 tablespoons milk; keep warm over low heat. Beat egg whites till frothy; add the 2 tablespoons water. Beat to stiff peaks (tips stand straight). Beat egg yolks on high speed of electric mixer till thick and lemon-colored, about 6 minutes. Fold into whites. In oven-going skillet, over medium-high heat, heat the 2 tablespoons butter or margarine till bubbly. Pour in egg mixture and spread evenly, leaving higher at sides. Reduce heat; cook slowly, uncovered, till puffy and set, about 10 minutes (bottom will be golden). Place in oven and bake at 325° for 10 minutes or till knife inserted just off-center comes out clean. Loosen sides of omelet with metal spatula. Make a shallow cut across omelet slightly above center. Tilt pan; fold upper portion over lower. Slip omelet onto hot platter. Spoon



Photographs: Dieter

ham sauce over top. Makes 6 servings.

*For Salmon-Cheese Pie:* Arrange chunks of salmon and the peas in 9-inch pie plate. Sprinkle with dillweed. Spread the reserved 1½ cups sauce over all. On floured surface, roll pastry to 10-inch circle. Place pastry over top of pie. Trim and turn edges under; flute. Cut pastry top into 6 wedges, cutting to within 1½ inches of outer edge. Fold



back alternating pastry wedges, curling tips under and exposing filling. Insert oiled cone-shaped

continued

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continued

# Busy-days cooking

piece of foil under each. Cover and refrigerate overnight. To bake, uncover, place a small piece of foil over each pastry curl to prevent over-browning. Bake in 375° oven for 40 to 45 minutes. Makes 6 servings.

**JIFFY JAMBALAYA—TANGY MEATLOAF**

*Some of the rice goes into a meatloaf for tomorrow; the rest is served up as a spicy jambalaya—*

- ½ cup chopped onion
- ½ cup chopped green pepper
- 1 clove garlic, minced
- 2 tablespoons butter or margarine
- 1 15-ounce can (2 cups) tomato sauce
- 1 8-ounce can tomatoes, cut up
- ½ cup water
- 1 teaspoon sugar
- ½ teaspoon dried thyme, crushed
- ¼ teaspoon chili powder
- Few dashes bottled hot pepper sauce
- 1½ cups uncooked packaged precooked rice

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- 1 bay leaf
- 1½ cups (8 ounces) cubed cooked ham
- 1½ cups (6 ounces) frozen peeled and deveined shrimp, halved lengthwise

• • •

- 2 beaten eggs
- ½ cup milk
- 1 tablespoon prepared horseradish
- ¾ teaspoon salt
- 1½ pounds ground beef

In 10-inch skillet, cook onion, green pepper, and garlic in butter or margarine till tender but not brown. Stir in tomato sauce, undrained tomatoes, water, sugar, thyme, chili powder, bottled hot pepper sauce, and rice. Bring to boiling. Remove 1 cup rice for Tangy Meatloaf; set aside.

*For Jiffy Jambalaya:* To remaining rice mixture in skillet, add bay leaf, ham, and shrimp. Reduce heat; cover and simmer 15 minutes or till rice is tender. Makes 6 servings.

*For Tangy Meatloaf:* Combine the reserved rice mixture, the eggs, milk, horseradish, and salt. Add ground beef and mix well (mixture will be soft). Pat into an ungreased 8x4x2-inch loaf pan. Cover and refrigerate overnight. To serve, bake, uncovered, in 350° oven for 1¼ hours. (Interior of loaf will be reddish brown.) Makes 6 servings.

**ROUND STEAK STROGANOFF—SAUCY SWISS STEAK**

*Turn a 2-pound round steak into two very different dinners—*

- 1 2- to 2¼-pound beef round steak
- ¼ cup all-purpose flour
- 1 teaspoon salt
- ½ teaspoon paprika
- ¼ cup cooking oil
- ¾ cup chopped onion
- 1 clove garlic, minced
- 2 tablespoons all-purpose flour
- 1 10½-ounce can condensed beef broth
- ¼ cup dry white wine
- 1 teaspoon worcestershire sauce
- 1 8-ounce can tomato sauce

• • •

- ½ cup dairy sour cream
- ¼ cup snipped parsley
- Hot cooked noodles

• • •

- ¼ cup chopped green pepper
- ¼ teaspoon dried oregano, crushed
- ¼ cup grated parmesan cheese

Trim excess fat from meat. Divide steak in half. Cut one portion into 4 pieces for Saucy Swiss Steak. Cut other portion into 2x½-inch strips for Round Steak Stroganoff. Combine the ¼ cup flour, the salt, and paprika. Coat all meat with flour mixture. Pound the 4 steaks with meat mallet till about ⅛ inch thick. Brown in 2 tablespoons of the oil, about 1½ minutes per side. Arrange browned steaks in 8x8x2-inch baking dish; cover and refrigerate. In same skillet, brown beef strips, adding remaining oil as needed. Remove meat and set aside. Cook onion and garlic in skillet drippings till onion is tender but not brown. Blend in the 2 tablespoons flour. Add beef broth, wine, worcestershire sauce, and *2 tablespoons* of the tomato sauce. Cook and stir over medium-high heat till bubbly. Remove ¾ cup of the sauce for Saucy Swiss Steak; set aside.

*For Round Steak Stroganoff:* To remaining sauce in skillet, blend in sour cream and parsley. Return browned beef strips to skillet. Heat through. Do not boil. Serve over hot cooked noodles. Makes 4 servings.

*For Saucy Swiss Steak:* In small bowl, combine the reserved sauce mixture, the remaining tomato sauce, the green pepper, and oregano. Pour over browned steaks in baking dish. Cover and refrigerate overnight. To serve, bake, covered, in 350° oven for 50 to 60 minutes. Place meat on platter. Skim fat from sauce; pour sauce over meat. Sprinkle with parmesan. Makes 4 servings.

**CHINATOWN CHUCK ROAST**

- 3- to 3½-pound beef chuck roast, cut 1½ inches thick
- ¼ cup cooking oil
- ¼ cup vinegar
- 3 tablespoons soy sauce
- 2 tablespoons honey
- ½ teaspoon ground ginger
- 1 teaspoon cornstarch

Place roast in plastic bag in shallow pan. Combine oil, vinegar, soy sauce, honey, and ginger; pour over meat. Tie bag closed. Refrigerate several hours or overnight, turning bag several times to distribute marinade. Drain meat, reserving marinade. Place roast on rack in broiler pan. Broil 3 to 5 inches from heat about 15 minutes on each side for medium-rare. Meanwhile, in saucepan, combine the reserved marinade and cornstarch; cook over medium-high heat till thickened and bubbly. Thinly slice meat diagonally across grain; spoon marinade over slices. Makes 6 servings.

**BROCCOLI STRATA**

- 1 10-ounce package frozen chopped broccoli
- 6 slices rye or whole wheat bread
- 4 slices (4 ounces) process American cheese
- 1 2-ounce jar pimiento, drained and chopped (¼ cup)
- 4 slices (4 ounces) process Swiss cheese
- 4 eggs
- 2 cups milk
- 1 tablespoon chopped onion
- 1 teaspoon salt
- ½ teaspoon prepared mustard
- 2 tablespoons butter or margarine, melted

Cook broccoli, covered, in boiling salted water for 3 minutes. Drain well. Toast four of the slices of bread; arrange in ungreased 9x9x2-inch baking pan. Top with the American cheese, then broccoli, and pimiento. Place the Swiss cheese atop. Beat eggs; blend in milk, onion, salt, mustard, and a dash pepper. Pour over casserole. Cover; refrigerate at least 1 hour. Tear remaining 2 slices of bread into blender container. Cover and blend at low speed to make crumbs. In small bowl, combine bread crumbs and melted butter or margarine; cover. To serve: Sprinkle crumb mixture over Swiss cheese. Bake, uncovered, in 325° oven for 60 to 65 minutes or till knife inserted halfway between center and edge comes out clean. Let stand 10 minutes. Makes 6 servings.

**GOLDEN SPICED BEEF**

*Oven-roast or crockery cook—*

- 3- to 4-pound boneless beef rump roast
- 2 tablespoons cooking oil
- 1½ teaspoons salt
- ½ teaspoon ground nutmeg
- ½ teaspoon ground cinnamon
- ⅛ teaspoon pepper
- 1 cup (5 ounces) dried apricots
- 6 carrots
- ½ orange, sliced
- ½ cup chopped onion
- ½ cup orange juice
- 3 tablespoons honey

continued

continued

## Busy-days cooking

**½ cup cold water**
**¼ cup all-purpose flour**

*To oven-roast:* In Dutch oven or deep oven-going skillet, brown rump roast in hot oil. Drain off excess fat. Combine salt, nutmeg, cinnamon, and pepper; season roast on all sides with spice mixture. Arrange apricots around roast. Cut carrots into 2-inch chunks; add to roast. Add orange slices, onion, orange juice, and honey. Cover and bake in 325° oven till meat is tender, about 3 hours. Remove meat, fruit, and carrots to serving platter; keep warm. Skim fat from pan juices; measure and add water, if necessary, to make 2 cups liquid. Transfer juices to saucepan. Blend the ½ cup water and the flour; stir into pan juices. Cook and stir till bubbly. Slice meat; pass gravy. Makes 6 to 8 servings.

*To prepare in slow crockery cooker:* In skillet, brown roast in hot oil. Combine salt, nutmeg, cinnamon, and pepper; season roast on all sides. Using vegetable peeler, cut carrots in thin lengthwise strips as for carrot curls; place in bottom of slow crockery cooker along with apricots, orange slices, onion, orange juice, and honey. Place meat atop vegetables and fruits. Cover and cook on low heat setting for 10 hours or till meat is tender. *Do not lift cover during cooking time.* Remove meat and vegetables to platter; keep warm. Skim fat from pan juices; measure and add water, if necessary, to equal 2 cups liquid. In saucepan, blend the ½ cup water and the flour; add juices. Cook and stir till thickened and bubbly. Slice meat; pass gravy. Makes 6 to 8 servings.

### BRISKET CARBONNADE

*For oven or crockery cooking—*

**3- to 4-pound boneless beef brisket**
**3 medium onions, sliced**
**1 12-ounce can (1½ cups) beer**
**1 tablespoon brown sugar**
**1 clove garlic, minced**
**¼ teaspoon dried thyme, crushed**
**4 whole peppercorns**
**1 bay leaf**

*To oven roast:* Trim excess fat from brisket. Season meat with a little salt and pepper. Place meat in 13x9x2-inch baking dish; cover with onion slices. Sprinkle lightly with a little salt. In bowl, combine beer, brown sugar, garlic, thyme, peppercorns, and bay leaf. Pour over meat. Cover pan with foil. Bake in 350° oven for 3½ to 4 hours. Remove meat to platter; keep warm. Skim excess fat from pan juices; measure juices and add water, if necessary, to make 1¼ cups liquid. Pour into saucepan. Blend *¼ cup cold water* and *2 tablespoons all-purpose flour;* stir into pan juices. Cook and stir till bubbly. Season with salt and pepper. Slice meat across grain; pass gravy. Makes 8 to 10 servings.

*To prepare in slow crockery cooker:* Trim excess fat from brisket. Season meat with a little salt and pepper. Place onion in bottom of crockery cooker; sprinkle lightly with a little salt. Place meat atop onion in cooker. In bowl, combine beer, brown sugar, garlic, thyme, peppercorns, and bay leaf. Pour over meat. Cover and cook on low setting for 10 hours. *Do not lift cover during cooking time.* Remove meat and onions. Drain pan juices into saucepan. Return meat and onions to cooker to keep warm. Skim excess fat from juices. Boil juices over high heat till reduced to 1¼ cups liquid, about 10 to 15 minutes. Blend *¼ cup cold water* and *2 tablespoons all-purpose flour;* stir into juices in saucepan. Cook and stir till bubbly. Season with salt and pepper. Remove meat and onions to platter. Slice meat across grain; pass gravy. Makes 8 to 10 servings.

### HAM AND DILLWICHES

**¼ cup mayonnaise or salad dressing**
**1 teaspoon bottled steak sauce**
**½ teaspoon instant minced onion**
**6 slices process Swiss cheese**
**6 slices (4 ounces) boiled ham**
**1 large dill pickle**
**6 club rolls, split**

Combine mayonnaise, steak sauce, and onion. Place cheese slice atop each ham slice; spread with sauce. Cut pickle in 6 strips; place a strip across end of each cheese slice. Roll up. Insert in rolls. Place on baking sheet. Bake in 400° oven for 8 to 10 minutes. Makes 6 servings.

### TAMALE-FRANK BAKE

**1 15-ounce can tamales**
**16 ounces frankfurters, cut up**
**1 can condensed chili beef soup**
**1 8-ounce can tomato sauce**
**½ cup (2 ounces) shredded natural cheddar cheese**
**Corn chips**

Drain tamales, reserving sauce. Remove paper from tamales and cut each in thirds. In 1½-quart casserole, combine the reserved tamale sauce, frankfurters, soup, and tomato sauce. Top with tamales. Cover and bake in 350° oven for 35 minutes. Top with cheese and bake, uncovered, 10 minutes more. Serve with corn chips. Makes 6 servings. ■






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BRAND GELATIN



**So tonight, try new Peach-flavor Jell-O® Gelatin in Glazed Peach Crème for dessert. Here's how to make it:**




**1.** Dissolve one package gelatin in 1 cup boiling water. Add cold water. Chill until slightly thickened (gelatin will have the consistency of unbeaten egg whites).



**2.** Dissolve second package gelatin in remaining boiling water. Add ice cream and stir until melted and smooth. Pour into serving bowl. Chill about 1 hour, or until set but not firm.



**3.** Arrange canned or fresh peach slices on gelatin-ice cream mixture.



**4.** Top with clear gelatin. Garnish with prepared Dream Whip® Whipped Topping, if desired. Makes 5 cups or 10 servings.

**Glazed Peach Crème**
**Ingredients:**
*2 packages (3 oz. each) Jell-O® Gelatin, Peach Flavor*
*2 cups boiling water*
*¾ cup cold water*
*1 pint vanilla ice cream*
*1 can (8¾ oz.) sliced peaches or one fresh peach peeled and sliced*

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Buying information, page 130

File under Casseroles and One-dish Meals

# CASSEROLES FOR A DOZEN

## Seafood Lasagna

*Garnish this winning buffet dish with tomato, parsley, and extra shrimp—*

8 lasagna noodles
1 cup chopped onion
2 tablespoons butter or margarine
1 8-ounce package cream cheese, softened
1½ cups cream-style cottage cheese
1 beaten egg
2 teaspoons dried basil, crushed
2 cans condensed cream of mushroom soup
⅓ cup milk
⅓ cup dry white wine
1 pound shelled shrimp, cooked and halved
1 7½-ounce can crab, drained, flaked, and cartilage removed
¼ cup grated parmesan cheese
½ cup (2 ounces) shredded sharp process American cheese

Cook lasagna noodles according to package directions; drain. Arrange 4 noodles in bottom of greased 13x9x2-inch baking dish. Cook onion in butter or margarine till tender; blend in cream cheese. Stir in cottage cheese, egg, basil, *½ teaspoon salt,* and *⅛ teaspoon pepper;* spread *half* atop noodles. Combine soup, milk, and wine. Stir in shrimp and crab; spread *half* over cottage cheese layer. Repeat layers. Sprinkle with parmesan. Bake, uncovered, in 350° oven for 45 minutes. Top with American cheese. Bake 2 to 3 minutes more. Let stand 15 minutes before serving. Makes 12 servings.

*Frances Dlugopolski, Hartford, Wis.*



Cut along dotted line



Photographs: Dieter

File under Breads

# YEAST ROLLS

## Whole Wheat Prune Rolls

*A fruit-filled sweet roll takes top honors—*

Cook *1 cup pitted prunes,* covered, in *1½ cups water* till tender, about 15 minutes. Drain, reserving ¼ cup liquid; chop prunes. In large mixer bowl, combine *1 cup all-purpose flour* and *1 package active dry yeast.* Heat *¾ cup milk,* the *¼ cup prune liquid, 2 tablespoons sugar, 2 tablespoons shortening,* and *1 teaspoon salt,* stirring constantly till shortening almost melts (115° to 120°). Blend into dry mixture in bowl. Beat 3 minutes at high speed. By hand, stir in *1 cup whole wheat flour, ½ cup of the prunes,* and *½ to ¾ cups all-purpose flour* to make a moderately stiff dough. Turn onto lightly floured surface. Knead till smooth and elastic. Place in greased bowl. Cover; let rise till double, about 1 hour. Punch down; let rest 10 minutes. Roll to 18x6-inch rectangle. Brush with *2 tablespoons melted butter.* Combine remaining *prunes, 3 tablespoons sugar,* and *1 teaspoon ground cinnamon;* spread over dough. Roll up from long side, jelly-roll fashion. Cut in 1-inch slices. Place in two greased 8-inch round baking pans. Cover; let rise till nearly double, 30 to 45 minutes. Bake in 375° oven 20 to 25 minutes. Drizzle warm rolls with powdered sugar icing. Makes 18 rolls. *Carla Goble, Tulsa, Okla.*




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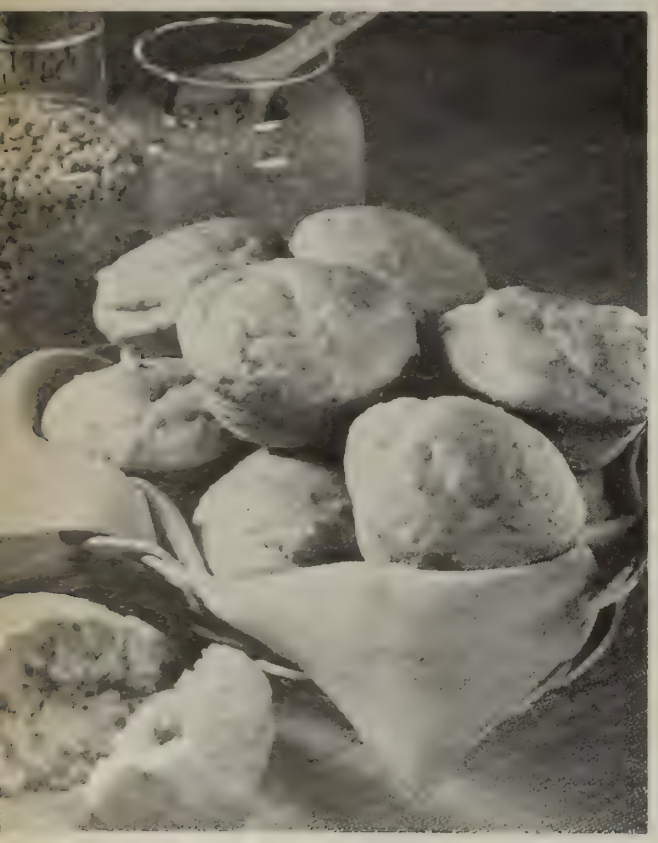


## Pull-apart Onion Rolls

In large mixer bowl, combine *1 cup all-purpose flour* and *1 package active dry yeast.* Heat together *¾ cup milk, 2 tablespoons butter or margarine, 1 tablespoon sugar,* and *½ teaspoon salt,* stirring constantly till butter almost melts (115° to 120°). Add to dry mixture in bowl; add *1 egg.* Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in *1¼ to 1½ cups all-purpose flour* to make a moderately stiff dough. Knead on floured surface till smooth and elastic. Place in greased bowl. Cover; let rise till double, about 45 minutes. Punch down; cover and let rest 10 minutes. Roll dough to 8-inch square. Spread with Onion Butter. Cut in 16 squares; layer, onion side up, in greased 1½-quart casserole. Cover; let rise till nearly double, 45 minutes. Bake in 350° oven for 25 to 30 minutes, covering with foil after first 15 minutes. Cool in dish 5 minutes; carefully turn out. Serve warm. Makes 16 rolls.

*To make Onion Butter:* Combine *2 teaspoons instant minced onion* and *2 teaspoons water;* let stand 5 minutes. Stir in *3 tablespoons melted butter, 1 tablespoon grated parmesan cheese, 1 tablespoon sesame seed, ½ teaspoon paprika,* and *¼ teaspoon garlic salt.*

*Mrs. Dianne Wiseman, Masury, O.*



## Cereal Batter Rolls

In large mixer bowl, combine *1½ cups all-purpose flour* and *1 package active dry yeast.* Heat together *2 cups water, ¼ cup sugar, 4 tablespoons butter or margarine,* and *1 teaspoon salt,* stirring constantly till butter almost melts (115° to 120°). Stir in *1 cup grape nuts cereal* and *¼ cup wheat germ.* Let stand 5 minutes. Add to dry mixture in bowl. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in *1 cup all-purpose flour.* Cover; let rest 10 minutes. Fill greased 2½-inch muffin tins ⅔ full. Cover; let rise till double, 40 minutes. Bake in 375° oven 20 to 25 minutes. Makes 16 rolls.

*Linda Albright, Ghent, N.Y.*



## Eggplant Roll-ups

2 large eggplants, pared
2 beaten eggs
⅓ cup milk
2¼ cups soft bread crumbs
⅓ cup grated parmesan cheese
2 teaspoons dried basil, crushed
1 teaspoon salt
¼ teaspoon pepper
⅛ teaspoon garlic powder
2½ pounds lean ground beef
1 32-ounce jar (4 cups) spaghetti sauce

Cut each eggplant lengthwise into twelve ¼-inch slices. Cook, eight at a time, in large amount of boiling salted water 3 to 4 minutes. Drain on paper toweling. Combine eggs, milk, crumbs, cheese, and seasonings. Add *2 pounds* of the ground beef; mix well. Divide in 24 portions; place one atop each eggplant slice and roll up. Place, seam side down, in 17x12x2-inch baking pan. Brown remaining ground beef; drain. Stir in spaghetti sauce. Spoon over roll-ups. Bake, covered, in 350° oven for 30 minutes; uncover and bake 30 to 40 minutes more. Serve over spaghetti, if desired. Makes 12 servings.

*Mrs. Peggy Havern, North Palm Beach, Fla.*



## Spinach Squares Hollandaise

3 10-ounce packages frozen chopped spinach
½ cup finely chopped onion
2 tablespoons butter or margarine
4 beaten eggs
2 cups milk
3 cups soft bread crumbs
1 pound diced cooked ham (3 cups)
½ teaspoon seasoned salt
2 1⅛-ounce envelopes hollandaise sauce mix
4 hard-cooked eggs, diced

Cook spinach according to package directions; drain well. Cook onion in butter or margarine till tender. Combine beaten eggs, milk, bread crumbs, ham, cooked onion, spinach, and seasoned salt. Spread evenly in ungreased 12x7x2-inch baking dish. Bake in 350° oven for 40 to 45 minutes or till set. Prepare sauce mix according to package directions: stir in eggs. Serve over spinach squares. Makes 12 servings.

*Mrs. William Vaughan, Richmond, Va.*

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   *Roasting Timetable:* For frozen rolled top sirloin, cross-rib, or eye round. Oven temperature: 400°F. Approximate cooking time per pound: Rare, 40-45 min. Medium, 46-52 min. Well-done, 54-60 min. Use meat thermometer to determine desired degree of doneness.
3. During final ½ hr. of roasting, turn foil back from meat completely, so meat can brown. At this time, add desired cooked vegetables.

*Gravy Trick:* Bundle up juices in foil you cooked meat in, hold over a saucepan. Slit bottom of foil with knife. The juices will drain into pan and become the base for your gravy.

From freezer to oven, no other wrap protects better than Heavy Duty Reynolds Wrap. It's best for freezing because it molds and seals tightly to help keep out air, help prevent freezer burn. And a roast can go into the oven in the same foil you freeze in, without thawing. Reynolds Wrap holds in the juices and helps keep meat tender and delicious as it roasts. For wrapping, freezing, cooking, lining pans—one wrap does it all. Heavy Duty Reynolds Wrap.




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FAMILY FOOD IDEAS

**Meatball Yummies**

1 lb. ground beef
1/3 cup dry bread crumbs
1 egg
2 tablespoons Prime Choice Steak Sauce
2 tablespoons oil
1/3 cup Prime Choice
2 tablespoons light brown sugar
2 tablespoons butter or margarine

Combine beef, bread crumbs, egg and 2 tablespoons Prime Choice. Mix and shape into 1 inch meatballs. Brown in oil in skillet. Drain fat from skillet. Combine 1/3 cup Prime Choice, brown sugar, and butter with meatballs in skillet. Simmer, covered, for 15 minutes or until done. Makes about 2 dozen meatballs.



# Win money for your recipes

## Holiday Meats and Poultry—Holiday Pies

**Have you discovered an elegant alternative** to the traditional Thanksgiving turkey? We're looking for uncommonly good recipes for holiday meats and poultry. And what festive pie is a must on your holiday menu? Send your recipes today for either or both categories and you could be a prizewinner next November. Two Cooks-of-the-Month receive $50 each. Four Runners-up receive $25 each and 12 Honor Roll Winners get $10 each. The selected winning recipes will be pictured on the Prize Tested Recipes pages next November. All 18 winners receive a framed Better Homes and Gardens Certificate of Endorsement and six copies of the endorsed recipe.

### Hints to Help You

**Holiday meats and poultry** are exceptional entrées for a special dinner splurge. Do you stuff a rolled roast, or sauce a secretly seasoned steak? Maybe you have an unusual stuffing or basting sauce for Cornish hen, duckling, goose, or chicken. Hints:
*turkey roast Wellington*
*fruit-crowned rib roast*
*steak with pâté spread*
*plum-glazed Cornish hens*
*pork roast with mushroom stuffing*

**Holiday pies** include chiffon, custard, meringue, and fruit-filled versions. Do you short-cut seasonal favorites by using convenient mixes in a new way? Maybe you create imaginative fruit or flavor combinations, or accent a fluffy filling with a crunchy nut crust. Tips:
*eggnog chiffon in praline shell*
*cranberry-pineapple pie*
*mincemeat cream pie*
*pumpkin peanut brittle pie*
*nesselrode pie*

### THIS MONTH'S WINNERS

*(See recipes on pages 99 and 100.)*

**Cooks-of-the-Month**

Frances Dlugopolski, Hartford, Wis.
Carla Goble, Tulsa, Okla.

**Runners-up**

Linda Albright, Ghent, N.Y.
Mrs. Peggy Havern, North Palm Beach, Fla.
Mrs. William Vaughan, Richmond, Va.
Mrs. Dianne Wiseman, Masury, Ohio

**Honor Roll**

Mrs. Marge Becker, Chicago, Ill.
Margaret L. Brown, Austin, Minn.
Edna Chadsey, Corpus Christi, Tex.
Mrs. Vincent Dowling, Tacoma, Wash.
Mrs. Betty Gutoski, Tacoma, Wash.
Geraldine Larrance, Rosebush, Mich.
Ruth Smith McCallum, Terre Haute, Ind.
Mrs. Daniel Paul, Philadelphia, Pa.
Barbara Schreier, Bethlehem, Pa.
Mrs. Bradley E. Thayer, Tulsa, Okla.
Mrs. Jon P. Thorson, Missoula, Mont.
Mrs. J. Watson, Houston, Tex.

### CONTEST RULES

1. **Write or type your recipe clearly on one side of the paper and mark it "November Holiday Meats and Poultry" or "November Holiday Pies." If you wish, send a recipe for each of the two categories.**
2. **Print your full name and address in upper right corner of paper.**
3. **Give measurements in *level* cups, tablespoons, teaspoons.**
4. **Specify brand names of the *nationally* known food products you use as ingredients so we can test your recipe with the same brands.**
5. **Include 50 to 100 words about the origin of the recipe you submit.**
6. **Recipes submitted become property of Meredith Corporation.**
7. **Entries must be postmarked by midnight, April 30. In cases where duplicate recipes are submitted, the one with the earliest postmark will be judged. All judges' decisions will be final.**
8. **We reserve the right to adjust and edit winning recipes.**
9. **Address the recipes you enter to 7604 Test Kitchen, Better Homes and Gardens, Des Moines, Iowa 50336.**

# EGETABLE RESS-UPS

ant to make everyday vege- s taste extra-special? First of ook vegetables just till crisp- r for bright color and the resh flavor. Then all it takes simple addition—a little ped onion or celery, a kle of an herb, or a few n crumbles.

r starters, here's an appetiz- andful of vegetable-varying estions:

### t-ever Vegetables

ook vegetables in chicken or broth.

ss fruits such as diced or ped apples, oranges, or pine- with cooked vegetables.

prinkle the top of vegetables buttered bread crumbs, bled corn chips or corn- s, snipped chives or parsley, outons.

dd a cheese sauce or shred- cheese.

roil thick tomato slices, dot butter or margarine, and kle with a little salt and er.

dd a butter-almond sauce by ning slivered almonds in a butter or margarine, add a oon or two of freshly ezed lemon juice, then toss cooked vegetables.

st before serving a cooked table, add crunch with sliced r chestnuts, celery, green er, sunflower seed, wheat n, or chopped peanuts.

dd a touch of tartness with a nful of dairy sour cream or n yogurt.

ook vegetables with a tea- n of sugar to accent their h flavor.

eep a variety of packaged e mixes, such as cheese, andaise, sour cream, and e sauce mixes, on hand to e over cooked vegetables.

or color contrast add pped pimiento, sliced ripe or iento-stuffed olives, sliced d-cooked eggs, or shredded ot.

ook a casserole mixture in a table shell, such as a zuc- hi, acorn squash, tomato, n, potato, or green pepper.

dd small amounts of leftover ked vegetables to casseroles, , or homemade or canned ps.

laze cooked vegetables with oonful of marmalade; stir till ted.

lavor with a little chili sauce soy sauce.

prinkle in a dash of ground meg, cinnamon, or ginger. ■


# SAVE MONEY—LET HEFTY® PAY YOUR BILLS!



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**$10,000 toward your mortgage or rent payments.**

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**$6,000 toward your family's tuition costs.**

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**$4,000 toward your car payments.**

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Complete and mail in the Hefty Budget-Saver Sweepstakes official entry coupon (or hand print your name, address and zip code on a 3" x 5" piece of paper). Accompany each entry with a Proof of Purchase Seal from any Hefty package, or on a separate piece of paper, hand print the name "Hefty" in block letters and mail to: Hefty Budget Saver Sweepstakes, P.O. Box 4448, Chicago, Ill. 60677.

No purchase necessary. A total of 5,005 prizes worth $30,000 will be awarded. Winners will be selected by random drawing. Odds of winning depend on number of entries received. Only one prize per family. Entries must be postmarked no later than August 31, 1976. All taxes are winners' sole responsibility.

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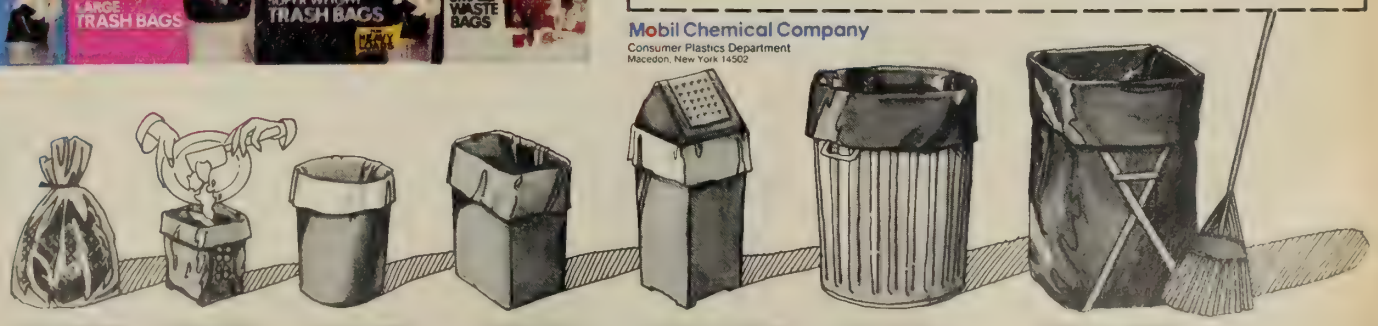
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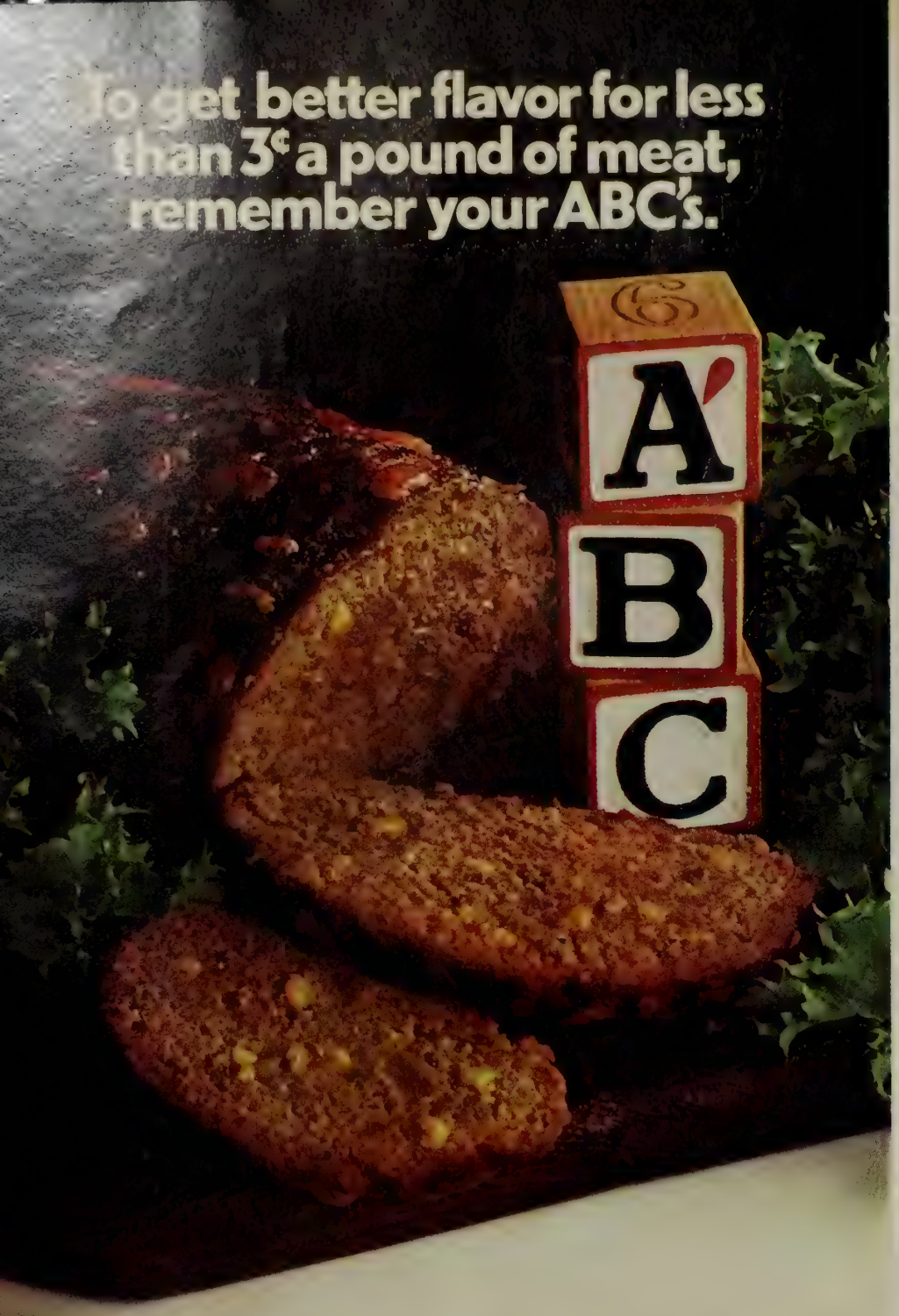
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Mobil Chemical Company
Consumer Plastics Department
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ABC stands for Accent® Before Cooking. Accent Flavor Enhancer unlocks the good, natural flavor trapped in foods. And that's important today when you're trying to do your best with economy cuts of meat and pre-packaged and frozen foods. So to get the flavor you pay for, remember your ABC's. Accent Flavor Enhancer Before Cooking. It's a lesson in flavor, as you'll discover with this recipe.

**World's Greatest Meat Loaf**

- 2 teaspoons Accent Flavor Enhancer
- 1 egg
- 1 teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon dry leaf basil
- ½ teaspoon dry leaf thyme
- ¼ cup ketchup
- 2 teaspoons prepared mustard
- 1½ cups soft bread crumbs
- 2 beef boullion cubes
- 1 cup boiling water
- ½ cup finely chopped celery
- ½ cup finely chopped onion
- 1 cup shredded cheddar or Swiss cheese
- 2 lbs. ground beef chuck

Beat egg lightly in medium bowl, add Accent Flavor Enhancer, salt, pepper, basil, thyme, ketchup, mustard and bread crumbs. Dissolve boullion cubes in boiling water, add to bowl and mix well until all ingredients are very well blended. Mix in celery, onion and cheese. Break up ground beef and add to bowl, mix lightly but thoroughly with fork. In a shallow baking pan, shape mixture into a 12" x 5" oval loaf, or press meat mixture lightly into a 9x5x3-inch loaf pan. Bake uncovered in 375°F oven 1 hour to 1 hour and 10 minutes. 8 servings.

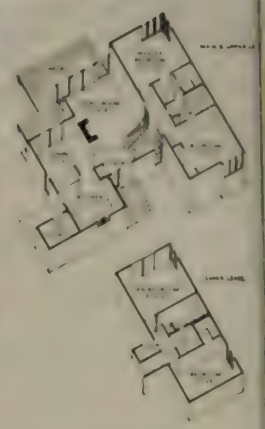



Accent® Before Cooking

FAMILY FOOD IDEAS


# How to order material from the magazine





## A SMALL HOUSE THAT SCORES BIG

**Build the charming split-level** shown on page 52 from our professionally designed plan. Plan consists of a materials list for cost estimating, outline of specifications for workmanship/materials, and complete drawings including: • Four exterior elevations (views of outside) • Framing plan for each level • Roof plan • Wall sections • Floor-plan dimensions for each level • Foundation plans • Cabinet elevations for kitchen, bath, etc. • Details for built-ins, special situations, etc. Plan gives all dimensions necessary to construct the entire house and can be modified by your builder or architect to suit your needs.

**Grow your own vegetables**—Here's how to put fresh vegetables on your table, freeze the rest for good eating all year long, and save money. Order our seeds now and plant your garden. A 15x20-foot garden can yield several hundred dollars' worth of food. Complete package of 11 kinds of quality seeds makes it easy to get started on the road to better eating and smaller food bills. Set contains one packet of seeds (unless otherwise indicated) for each of the following vegetables: • Tendergreen Green Beans • Mar Peas • Asgrow Wonder Beets • Ashley Cucumbers • Greenback Cabbage • Comet (red) Radishes • Imperator Carrots • Dixie Market Spinach • Black Seeded Simpson Lettuce • Marrow Squash • Midway Sweet Corn (2 packages). Order now and be ready for the planting season!

**Bobbin Lace by Kaethe and Jules Kliot**—In 245 pages and 470 photographs, you learn everything about the art of bobbin lace. Book explains tools and materials used, and provides step-by-step illustrated instructions to teach you this creative craft. A wide range of projects is covered, including the window curtain sampler shown on page 81.

Order complete project plan for the **Camp Organizer Modular Storage Unit** shown on page 34. Plan includes: • Dimensional drawing of every detail • Easy-to-follow drawings • Photo of the finished product • Materials list to make shopping easier • Woodcutting diagrams to help save dollars • Step-by-step instructions.

**Send order and remittance to:** **Better Homes and Gardens**
**Dept. 2DC, Box 374, Des Moines, Iowa 50336**

| Quantity | | Amount |
|---|---|---|
| _____ | No. 19748 Home Plan, $35 for one set; $10 each additional set; 4 sets for $60. Please include $1.50 postage and handling for one set, $2 for four or more. | $_____ |
| _____ | No. 09020 Set of Vegetable Garden Seeds, $2.99 (only 25¢ a packet!) plus 50¢ postage and handling; 2 for $5.48 plus 75¢ postage and handling. | $_____ |
| _____ | No. 03006 Bobbin Lace Book, $4.95 plus 75¢ postage and handling; 2 for $9.50 plus $1.25 postage and handling. | $_____ |
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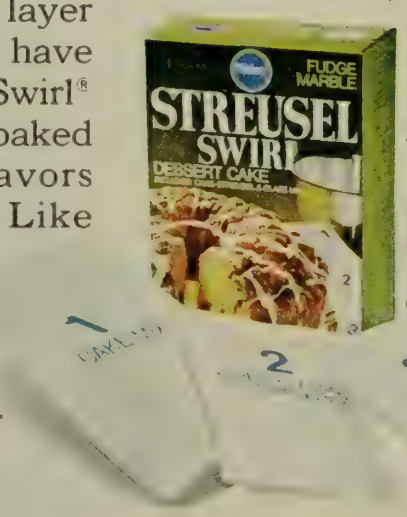
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**OUR GUARANTEE: Full refund if not completely satisfied.**

# Streusel Swirl®. It's the dessert cake you don't have to cover up with frosting.

When you want a basic layer cake to taste really good, you have to add frosting. But Streusel Swirl® Dessert Cakes have the flavor baked in. They have rich, moist flavors swirled all through the cake. Like chocolate, lemon or fudge flavors all through the cake. Wouldn't you rather have a delicious dessert cake with flavor baked in rather than added on? Streusel Swirl® Dessert Cakes. In 5 delicious flavors. From Pillsbury.




**You get cake mix, filling and glaze mix all in one box.**

Pillsbury

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FAMILY FOOD IDEAS

# This is the beginning of the end of the long check-out line.




What you see here is a Universal Product Code. And it is now on most food packages, including those from Kraft.

This code is designed to work with a new system of automated check-outs that some supermarkets are now installing.

An electronic scanner will "read" this code and automatically record the price of the product on a computerized cash register. So you'll go through the checkout line faster. And your tape will be free of human error.

There are many changes going on to make your shopping easier. Changes like the Universal Product Code on packaging from Kraft and other food manufacturers.

And there's something extra you'll find on Kraft packaging: a product guarantee. Kraft gives you assurance—in writing—that if you're not satisfied, you can get your money back.

We want you to get the most from your food money. KRAFT

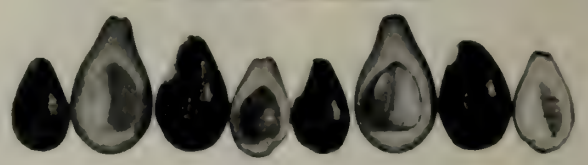
Division of Kraftco Corporation



**Packaging like ours gives you the facts and help you should have when you shop.**

FAMILY FOOD IDEAS


# The Accommodating Avocado



You'd be hard pressed to find a more versatile fruit than the avocado. It lends a lavish touch to everything from appetizers to desserts. It's great tucked in sandwiches, atop tacos, and in elegant salads and entrées like these—



**SCALLOPS A LA AVOCADO**

**12 ounces fresh or frozen scallops**
**2 medium avocados**
**Lemon juice**
**¼ cup chopped onion**
**2 tablespoons butter or margarine**
**2 tablespoons all-purpose flour**
**1 cup light cream or milk**
**2 tablespoons snipped parsley**
**¼ teaspoon salt**
**Dash white pepper**
**Dash garlic powder**
**1 slightly beaten egg**
**2 to 3 cups hot cooked rice**

Thaw scallops, if frozen. Halve avocados lengthwise; remove seeds and peel halves. Brush avocados with lemon juice; set aside. Poach scallops in enough water to cover till tender, about 5 minutes; drain. In 1-quart saucepan, cook onion in butter or margarine till tender but not brown, about 5 minutes. Blend in flour. Stir in light cream or milk. Cook and stir till mixture thickens and bubbles, about 5 minutes. Add scallops, parsley, salt, white pepper, and the garlic powder. Gradually stir about *half* of the hot mixture into the egg. Return all to hot mixture. Cook and stir till mixture bubbles again. Cook and stir 1 to 2 minutes more. Spoon rice onto serving platter. Place avocado halves, hollow side up, atop hot cooked rice; spoon scallop sauce over avocados. Makes 4 servings.



**MARINATED AVOCADO-MUSHROOM SALAD**

**1 medium avocado, seeded, peeled, and sliced**
**1 cup sliced fresh mushrooms**
**2 thin slices onion, separated in rings**
**¼ cup salad oil**
**¼ cup dry white wine**
**2 tablespoons vinegar**
**½ teaspoon sugar**
**¼ teaspoon salt**
**¼ teaspoon dried basil, crushed**
**Bibb lettuce leaves**

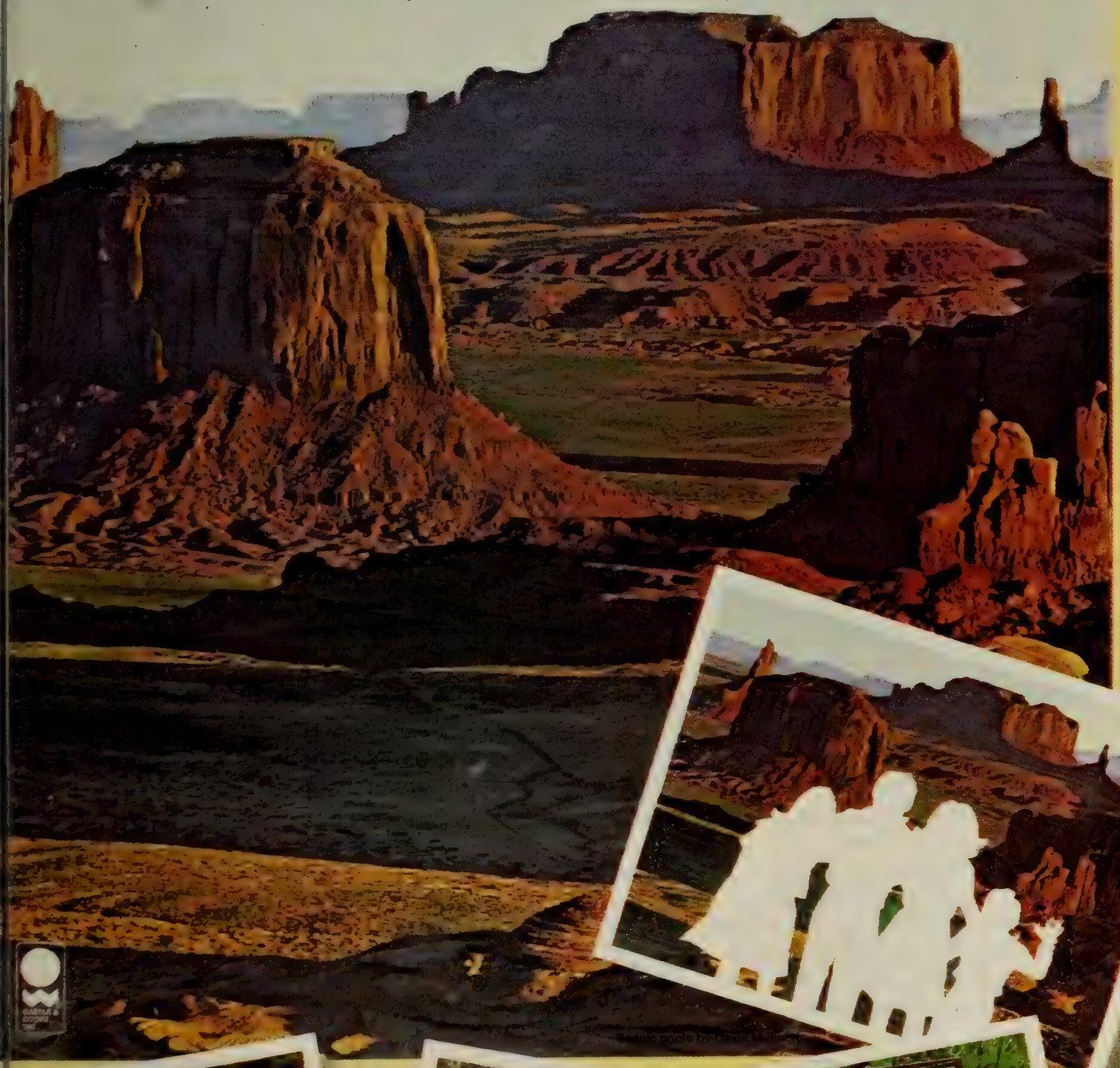
In bowl, combine avocado, mushrooms, and onion rings. In screw-top jar, combine oil, wine, vinegar, sugar, salt, and basil; shake well. Pour over vegetables. Cover and chill for 2 to 3 hours, stirring occasionally. Drain avocado mixture. Serve on lettuce leaves. Makes 4 servings. ■

**Buying information, page 130**

# THE DŎLE® BANANA

# "It's a Natural" $50,000 Game!

IDENTIFY THIS "NATURAL WONDER" AND YOU MAY WIN A FAMILY VACATION PLUS $5,000.







**Ten Second Prizes!**
Coleman camping outfits for natural family outings. Each outfit includes a tent, camp stove, propane lantern, cooler and four sleeping bags!



**Twenty-five Third Prizes!**
Schwinn bicycles — four to each winner! Each third prize winner will receive a man's, woman's, boy's and girl's bike!



**One Thousand Fourth Prizes!**
Heritage natural leather billfold (your choice of man's or woman's style). Special Surprise! Each of the 1000 fourth prize winners will find a check ranging from $5 to $100 in their billfolds!

Dole invites you and your family to join our "It's a Natural" game for naturally exciting prizes!

You could win one of 1,036 prizes by correctly identifying the Natural Wonder pictured in this ad.

**$50,000 in Prizes!**

**Grand Prize:** Two week vacation for a family of four at a United States or Canadian Natural Wonder area — plus $5000 cash! Imagine the fun of spending two weeks at a "Natural Wonder" vacation area of your choice in the U.S. or Canada. Perhaps you'll choose the rugged excitement of Yellowstone National Park — or Diamond Head in Hawaii — or the splendor of a national seashore. Dole will provide first class air transportation and two weeks hotel accommodations for four members of your family and $5000 cash.

**Official Rules**

**1.** On an official entry blank, correctly identify and name the "natural scenic wonder" shown in this photograph. Entry blanks are available where you buy Dole bananas. OR identify this "Natural Wonder" on a plain piece of paper, along with your name, address and zip code. NOTE: THIS NATURAL WONDER IS IDENTIFIED ON A SPECIAL DOLE DISPLAY IN THE PRODUCE DEPARTMENTS OF PARTICIPATING STORES. LOOK FOR IT! Also enclose with your entry two Dole stickers found on Dole bananas OR hand-print the words "DOLE BANANAS" in block letters on a 3"x5" piece of paper. No purchase necessary. Mail your entry to DOLE BANANA "IT'S A NATURAL" GAME, P.O. Box 41, New York, New York 10046. Enter as often as you like, but each entry must be mailed separately and received by June 15, 1976.

**2.** Winners will be selected in random drawings conducted by Marden-Kane. Only entries correctly identifying the Natural Wonder will be eligible to win prizes. All winners will be notified by mail. Only one prize per family will be awarded. Any applicable taxes are to be paid by the prize winner. Some prizes may be subject to color and model availability.

**3.** Game open to all residents of the United States and Canada except employees of Castle & Cooke, Inc. and their families, its advertising agencies, Marden-Kane, Inc., and its printing and production agencies.

**4.** Game offer subject to all Federal, State and any local or applicable laws and regulations. Void in Missouri and wherever else prohibited by law. Canadian winners whose names are drawn will be required to answer an additional skill question related to the subject of this game in order to win.

**5.** For list of winners, send a stamped, self-addressed envelope to P.O. Box 71, New York, New York 10046.

**6.** Those who are unable to find a Dole banana display identifying the natural scenic wonder may obtain the correct answer by sending a stamped self-addressed envelope to P.O. Box 270, New York, New York 10046.

**7.** The "Special Surprise" bonus checks in fourth prize billfolds will be awarded as follows: The first five winners in this category will receive $100 each, the next ten winners will receive $50 each, the next twenty winners will receive $20 each and the remaining 965 winners will receive $5 each.

**The correct identity of this "natural wonder" is on the Dole banana display at participating stores.**

◁ GRAND PRIZE: TWO-WEEK FAMILY VACATION AT ANY U.S. OR CANADIAN NATURAL WONDER AREA — PLUS $5,000 CASH!




The Dŏle Banana. As a snack, it's a natural.

FAMILY FOOD IDEAS

# When my husband used to save the wishbone, I knew what he was wishing for.



Some nights when my husband came home from work, he was so hungry he could eat a horse. Unfortunately, he just couldn't eat my chicken. In fact, to tell you the truth, no one really could.

My husband pecked. My daughter ate like a bird. Even my mother-in-law wouldn't fight for the neck.

Not that I ever did anything to make it taste bad, mind you. Personally, I always felt I could be another Julia Child, if I ever really learned to cook. It's just that I never did much of anything special, to make my chicken taste good. And with the price of meat and everything else, we seemed to have a flock of chicken around the house all the time. Especially leftovers.

That is, until I discovered McCormick/Schilling. You know McCormick/Schilling are the spice and flavor people. So when it comes to making sauces, gravies or anything at all, they put a lot of good flavor into everything they make. And that goes double for their Bag'n Season.

You see, Bag'n Season is a lot more than just a cooking bag. So it does a lot more when you use it to cook. For meat loaf, pork chops, spare ribs, or stews. Or, even for one of my chickens.

And the results are everything you could wish for. Meats come out succulent, juicy and tender. With a delicious flavor of spices and herbs. And, the natural juices make a perfect base for gravy.

Which made a big difference in the chicken I make. And a noticeable difference in my life.

Suddenly my family started showing up for dinner. On time. My husband started coming home for lunch. Even our relatives started dropping by again. You know, just to sit around and chew the fat.

And with McCormick/Schilling Bag'n Season, even my leftovers could taste terrific. That is, if we ever had any chicken left over.



**McCormick/Schilling flavor makes all the difference in the world.**




McCormick/Schilling

FAMILY FOOD IDEAS


begins on page 80

## Bobbin lace

For all its apparent compl bobbin lace is simply another t technique, based on the tw and plaiting of threads to cre open-type fabric. As practic contemporary craftsmen, the nique need not require cor equipment or tools, and mak of inexpensive materials.

Jules and Kaethe Kliot have ten a handsome, informative on the contemporary approa this age-old craft *(Bobbin* Crown Publishers, Inc., New Y It includes instructions for a ber of projects (including the pler curtain shown in the ground on page 81) for ever from the novice to the experi crafts-person.

Jules and Kaethe helped us pare the outline below of e ment, materials, and basic niques of bobbin lace. We su that you read through this info tion carefully, and practice the simple techniques and stitches ered in the *Practice Session* b tackling the step-by-step instruc for making the pillow cover at the end of this section.

### General information

*Materials:* Bobbin lace ca worked with any kind of cor yarn, from heavy jute to the f thread. The curtain sampler pillow covers shown on page 8 worked in 5-ply, natural-col linen sack twine. Contrasting c was achieved by washing and bleaching the same material c night in a mild solution of bl (⅓ cup per gallon).

Any 10/5 linen or similar we material can be used for the pil as shown, or you may subst 3-ply macrame jute or rug yar wool or cotton.

Each pillow cover measures proximately 12 x 16 inches, an quires approximately 75 yard 5-ply linen.

Whatever weight material you for bobbin lace, the indivi strands are referred to as "threads," or working cords.

*Equipment:*

1. *Bobbins:* These are the wei that keep your working cords threads in tension. Wooden clot pins (the kind made from a si round piece of wood) or notc ⅜-inch dowels make perfect p tice bobbins.

Bobbins are generally worke pairs, and two pairs always w together to form a stitch. Altho hundreds of pairs might be requi for the finest laces worked in traditional fashion, a maximum 18 pairs (or 36 bobbins) are quired for the simple pillow p ects described below.

2. *Board:* Traditionally refer to as the "pillow," the board ser as the layout and working surf on which the bobbin lace is e cuted. It can be made from a stu piece of corrugated cardboard composition board (such as macrame knotting board). working either one of our pillo




Dream Whip is a registered trademark of General Foods Corp.

**To make a higher, more beautiful cake that's light, moist and deliciously rich, just add Dream Whip® whipped topping mix and two extra eggs.**

**Dream Cake**

*1 package yellow, white or chocolate cake mix*
*1 envelope Dream Whip Whipped Topping Mix (do not whip, use right from envelope)*
*4 eggs*
*1 cup cold tap water*

*Combine all ingredients in bowl of electric mixer and blend. Beat 4 minutes at medium speed. Pour into 2 greased and floured 9 in. cake pans; bake at 350° about 30 minutes or until done. Cool. A variety of pans can be used; directions are on Dream Whip Box.*




GF
GENERAL FOODS

**Whip up a Dream Cake.**


you will need a working board that measures at least 12 x 16 inches.

3. *Stand:* A stand is necessary to hold the board in an elevated working position. In this position the weight of the bobbins will keep the working cords in tension. A stack of books or other handy prop can be used in lieu of a stand.

4. In addition to the bobbins, board, and stand, you will need several large sheets of layout or graph paper, scissors, a marking pen, small crochet hook, tapestry or weaving needle, and a box of heavy-duty straight pins.

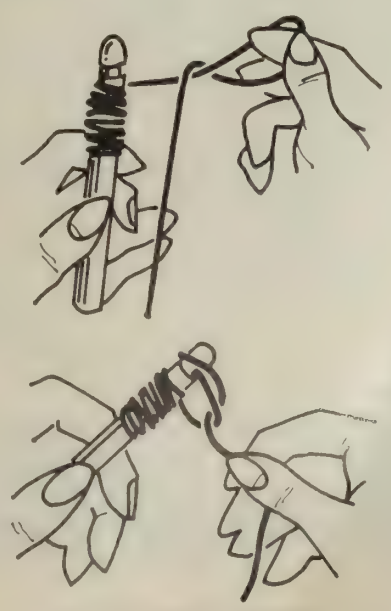
*Design:* The two pillows illustrated are formed of a "ground" or open network, surrounded by a densely worked "border." Two different grounds and two borders (one with and one without fringed corners) are used. These can be interchanged for a variety of pillow designs. The borders are worked first, then the ground is worked within the border. Directions for making one of the pillow tops are given at the end of this section.

### Practice session

Before you tackle a pillow project, we suggest you practice and master the following simple techniques—using wooden clothespins or notched dowels for bobbins and household string or macrame twine for threads.

1. *Preparation of threads:* In most cases your working threads are prepared with a bobbin on each end of the thread to form a *bobbin pair.* Using two lengths of cord, each approximately 2 yards long, prepare two bobbin pairs, with which you will be working to master the basic motions and stitches of bobbin lace.

To prepare a bobbin pair, fold a cord in half, mark the center of the cord and, from one end, wind the cord onto the upper half of one of the bobbins, keeping the wound cord below the notch. Stop winding about 6 inches from the center of the cord and secure cord to bobbin with a hitch, as illustrated in diagram 1.



1. SECURING THREAD TO BOBBIN

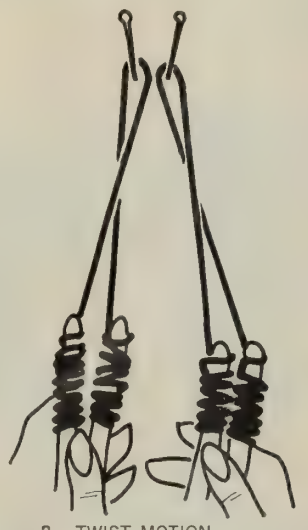
Wind the other end of the same thread onto another bobbin in the same way, completing the bobbin pair. Prepare a second bobbin pair in the same way.

If your thread is properly secured to the bobbin, it will hang freely without unwinding. By simply twisting the bobbin in a direction opposite to that in which it is wound, while holding the attached cord in tension with the opposite hand, you will be able to release or unwind additional cord while still maintaining the securing hitch. If the cord seems to slip, secure it with a strip of masking tape.

Next, with your pinning board propped at about a 60-degree angle against the stand (or a pile of books), place two pins about 1 inch apart near the top of the board. Hang one bobbin pair over each pin. You are now ready to practice the basic hand motions and stitches of bobbin lace.

2. *Basic techniques:* All the stitches of bobbin lace are formed with varying combinations of only two basic motions, the *twist* and the *cross*. Both motions are made working two pairs of bobbins together, with one pair in each hand. Using the two practice bobbin pairs prepared above, work the motions and stitches as described.

*Twist (tw):* A *twist* is always a counterclockwise motion of the bobbin pair in each hand (with right bobbin of each pair laid over the left bobbin). Lightly hold one pair of bobbins in each hand, palm up. To make the *twist* motion, rotate both hands counterclockwise so the bobbins twist over each other. Return hands to the starting position, leaving the bobbins in their new positions (see diagram 2).



2. TWIST MOTION

Unless otherwise indicated, a *twist* motion is made with both working bobbin pairs. Follow the *twist* with a *cross*.

*Cross (cr):* A *cross* is always a clockwise motion worked with two adjacent pairs of bobbins. The inner bobbins of these two pairs change hands—bobbin in left hand crosses over bobbin in right hand, as shown in diagram 3 on next page.

Practice a series of alternating *twist* motions and *cross* motions, forming a braid, until you have the

**continued**






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3036 PRIZES

CHEX® CREATE-A-RECIPE CONTEST

We think Chex cereals is one of the most versatile recipe ingredients there is. Now we're asking *you* to prove it. Send us your favorite appetizer, salad, main meal, dessert or snack recipe which includes Chex as an ingredient. Enclose three proof-of-purchase seals from any Chex cereal package. For sharing your recipe with us, you'll receive free a set of three kitchen magnets. You'll also be eligible to win one of 3036 fabulous prizes—including a once-in-a-lifetime trip for two to six of America's most exciting cities, with a fabulous dinner in each!

*Over $100,000 worth of prizes! !*

1. Your recipe must be typed or plainly printed on a sheet of paper no larger than 8-1/2" x 11". Fill out the official entry form and attach to your recipe. If you do not use an official entry form, be sure your name, address and recipe category are included on your recipe. Send your recipe, together with three (3) proof-of-purchase seals from any Chex cereal products: Wheat Chex, Corn Chex or Rice Chex.

2. Each recipe must include, as an ingredient, one or more Chex cereals. All recipes must include complete preparatory instructions, readily available ingredients, and standard measurements.

3. Mail your entry to:
CHEX CREATE-A-RECIPE CONTEST
P.O. Box MM, Department C
Chicago, Illinois 60677

Entries must be postmarked by October 1, 1976, and received by October 15, 1976. You may enter as many recipes as you wish, but each entry must be mailed in a separate envelope, and must include three Chex proof-of-purchase seals. One prize per family. If you become eligible for more than one prize, you will be awarded the one from the highest level earned.

4. One Grand Prize winner will be selected from all entries. A complete set of winners (1st, 2nd, 3rd prizes, etc.) will be selected for each of the five recipe categories: Appetizer, Salad, Main Meal, Dessert, and Snack.

5. Recipes will be judged by H. Olsen & Company, an independent judging organization, on the basis of originality, ease of preparation, appetite appeal, and attractive appearance. Finalist recipes will be kitchen-tested by a staff of professional home economists under the supervision of the judging organization. Judges' decision will be final.

6. Recipes must not have been previously published or won another prize or award and the right to submit it in accordance with the contest rules must not be restricted.

7. All entries become the property of Ralston Purina Company. None will be returned.

8. Contest is void wherever prohibited, taxed or restricted by law. Federal, state and local taxes on prizes are the responsibility of the winner. No substitution of prizes is permitted. Contest is open to all residents of the United States except Ralston Purina Company employees and their immediate families, Ralston Purina Company advertising agencies, H. Olsen & Company, and persons involved professionally in food preparation.

9. Submission of a recipe in this contest gives Ralston Purina Company the right to publish or use the recipe (with rights to adapt) without further compensation to the entrant..



GRAND PRIZE—Two-week trip for two to America's most exciting cities—New York, Chicago, Los Angeles, New Orleans, San Francisco, Washington, D.C. All expenses are paid and include tours of each city, and a fabulous gourmet dinner at a famous restaurant in each city. PLUS—Complete Whirlpool kitchen—refrigerator-freezer, dishwasher, trash compactor, range, disposal—and a Sony Model TV-520 "tummy" televison. Installation costs of up to $250 are also included.



5 FIRST PRIZES—Complete Whirlpool kitchen plus $250 for installation and Sony Model TV-520 "tummy" television.

500 FOURTH PRIZES—10-piece "Centennial" cookware from Wear-Ever

1000 SEVENTH PRIZES—Giant 86 oz. brandy snifter



15 THIRD PRIZES—36-piece International sterling "Royal Danish" silverware

750 SIXTH PRIZES—2-piece stainless steel tray

750 FIFTH PRIZES—60 X 90 oval linen tablecloth



15 SECOND PRIZES—Lennox "Solitaire" china service for eight

SEND TO:
CHEX CREATE-A-RECIPE CONTEST
P.O. Box MM, Department C
Chicago, Illinois 60677

Enclosed is my favorite recipe and three proof-of-purchase seals from Chex. Please send my free set of three kitchen magnets, and enter my recipe in the Chex Create-A-Recipe Contest. I have read the contest rules and understand that all recipes entered become the property of Ralston Purina Company, none can be returned, and they may be published with or without adaption without further compensation.

Enter my recipe in one of these categories (check one):

☐ Appetizer ☐ Salad ☐ Main Meal
☐ Dessert ☐ Snack

Name

Address

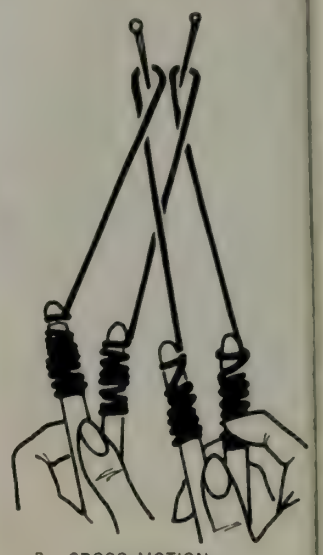
City

State Zip

Zip code must be included. Contest is void where prohibited, taxed or restricted and expires October 1, 1976.


continued

## Bobbin lace



3. CROSS MOTION
(FOLLOWING A TWIST MOTION)

feel of working with the bobbin

3. *Stitches:* Both pillow des require the use of only two stitc the *whole-stitch* and the *linen st* Both of these stitches are sin combinations of the *twist* and *c* motions learned above.

*Whole-stitch:* The sequence motions cross-twist-cross-twist, a pin generally set into the bo after the first twist, forms a *wh stitch* (see diagram 4).



4. WHOLE-STITCH

On a working pattern (descri under "Pattern," below), the pl ment of the pin is generally no by a small dot. This locates the c ter of the stitch, with the pin ke ing the work in place. (Note t when a single *whole-stitch* is co pleted, the bobbin pairs h changed hands and both pairs in a twist position.)

*Linen Stitch:* The motions cr twist-cross form the *linen stit* (See diagram 5).



5. LINEN STITCH

continued

# It takes California Raisins to top a Hormel Ham.



America's first canned ham is still going strong. And for good reason. Hormel Hams are shaped, boned and trimmed, then baked in their own savory juices for rich, full flavor.

Sounds hard to top. But it really isn't, if you serve your Hormel Ham with our special "Raisin Growers' Raisin Sauce." Just about as far from ordinary raisin sauces as you can get, this piquant blend of natural California raisins and selected spices is truly the crowning touch for a memorable repast.

*RAISIN GROWERS' RAISIN SAUCE*

*1 cup raisins*
*1 3/4 cups water*
*1/3 cup brown sugar*
*1 1/2 tbsp. cornstarch*
*1/4 tsp. cinnamon*
*1/4 tsp. cloves*
*1/4 tsp. dry mustard*
*1/4 tsp. salt*
*1 tbsp. vinegar*

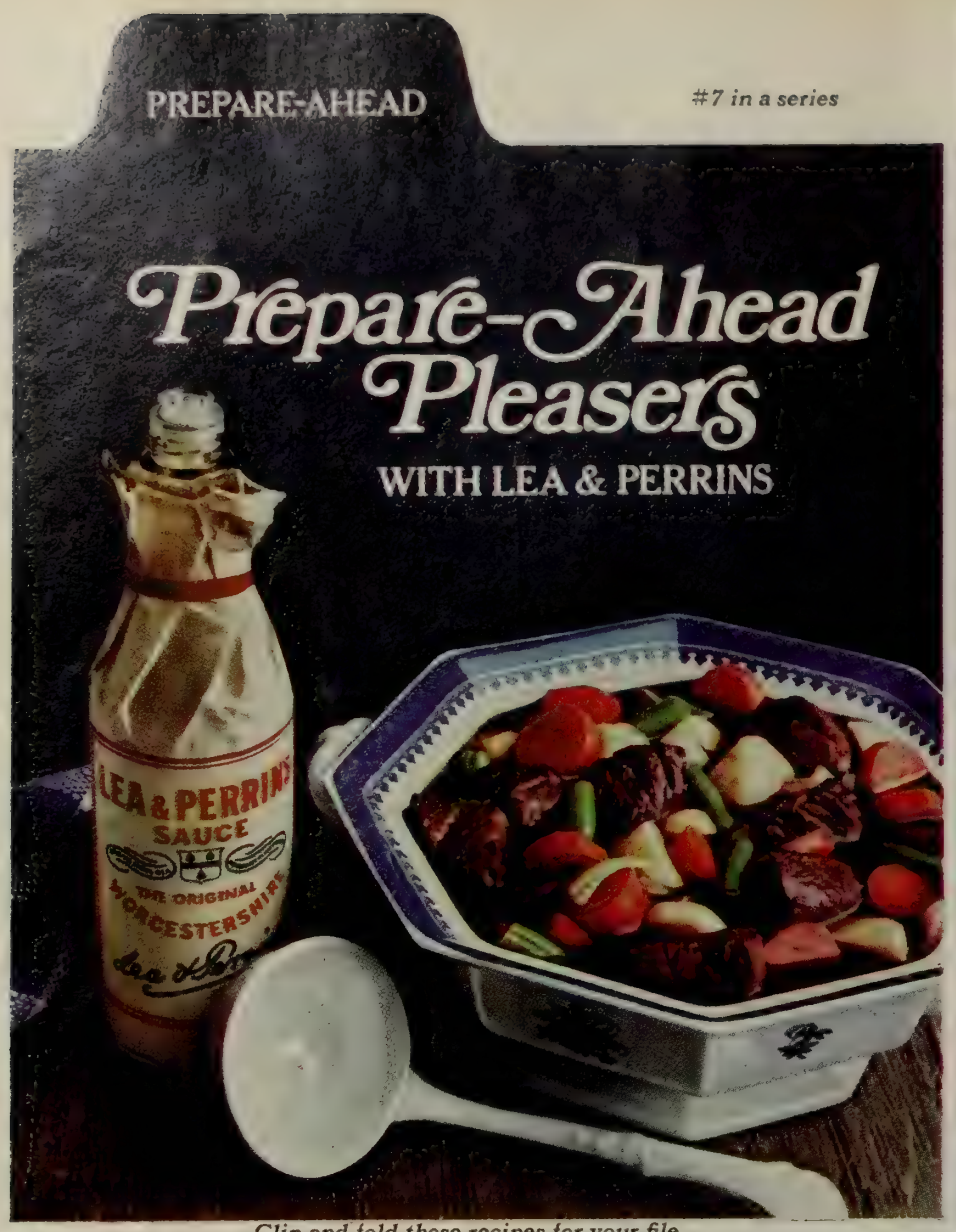
*Boil raisins in water 5 minutes. Add sugar mixed with cornstarch, spices, mustard and salt. Cook, stirring until thickened. Blend in vinegar. Makes 1 1/2 cups.*

*Serve hot on Hormel Ham slices.*




FAMILY FOOD IDEAS

California Raisin Advisory Board




*Clip and fold these recipes for your file.*

**Delicious meals with no last minute fuss...**are planned for extra-special flavor—thanks to Lea & Perrins, the Original Worcestershire Sauce. Its century-old recipe uses only natural ingredients to give meals a hearty touch that's guaranteed to please.

### Hearty Stew-p (deliciously in between stew and soup)

- 2 lb. beef for stew, cut in ½-inch pieces
- 2 Tbsp. oil
- 1 cup chopped onions
- 1 can (10½ oz.) condensed beef broth
- 1¼ tsp. salt
- 5 tsp. Lea & Perrins Worcestershire Sauce
- 4 cups potato chunks
- 2 cups sliced carrots
- 1 package (9 oz.) frozen cut green beans

Brown beef well in hot oil. Add next 4 ingredients and 1 cup water. Bring to boil. Simmer, covered, 1 hour. Stir in potatoes and carrots; simmer, covered, 45 minutes. Add green beans; simmer, covered, until meat and vegetables are fork-tender, about 5 minutes.* Serve in bowls with crusty rolls. Serves 6.

### Easy Chicken Brunswick

- 2½ lb. chicken parts
- 2 Tbsp. oil
- 1 can (10¾ oz.) condensed chicken gumbo soup
- 1 can (12 oz.) vacuum packed whole kernel corn
- 1 Tbsp. Lea & Perrins Worcestershire Sauce

In a large skillet brown chicken in oil for 15 to 20 minutes; drain fat. Stir in remaining ingredients. Cover and simmer until chicken is tender, about 30 minutes.* Serve with steamed rice and tossed green salad. Serves 4.

### Saucy Budget Steak

Brown 2 lb. boneless shoulder or chuck steak in preheated 425°F. oven 20 minutes; drain fat. Reduce temperature to 325°F. Combine ½ cup water, ¼ cup catsup, 2 Tbsp. brown sugar, 2 Tbsp. Lea & Perrins Worcestershire Sauce and 1 tsp. salt; pour over meat. Cover tightly and bake until tender, about 1½ hours.* Spoon gravy over sliced meat. Serves 4-6.

*Can be made ahead, refrigerated and reheated, covered.

**Lea & Perrins. The people who know their sauces.**

For your free Worcestershire recipe book, write Lea & Perrins, Dept. B4, Fair Lawn, N.J. 07410.

FAMILY FOOD IDEAS

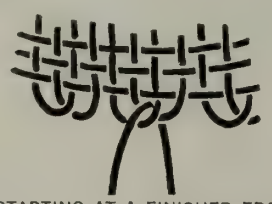
continued

# Bobbin lace

This is similar to the whole-stitch, with bobbin pairs changing hands. This stitch ends, however, with pairs in an untwisted, weave position. A pin is generally not used.

4. *Special techniques:* In addition to mastering the two basic motions and two basic stitches described above, you'll need to thoroughly understand some special techniques which will be referred to in the pillow instructions:

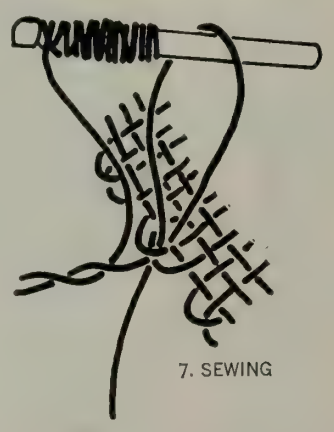
*Starting at a finished edge:* This is simply an inconspicuous method of joining a new starting pair of bobbins to a completed edge (see diagram 6).



6 STARTING AT A FINISHED EDGE

Before winding your thread onto a pair of bobbins, pull the thread through an edge loop (use a crochet hook if necessary) so that it hangs from the edge with both ends equal. Proceed to wind one bobbin onto each end of the thread, as previously described.

*Sewing:* This is the most common method of joining sections of a given project together, when a section you are working on is to be joined to an already-completed section (see diagram 7).



7. SEWING

Using a small crochet hook, pull one thread of an adjacent pair of bobbins through an edge loop of the finished section where it is to be connected. Forming a loop with this thread, place the other bobbin of this pair through the formed loop. Pull both threads of the joining pair of bobbins, drawing the new work into place.

*Tying off a pair of threads:* Make a square knot with these two threads against the last stitch or through a loop in an adjacent section of work (see diagram 8).



8. TYING OFF A PAIR OF THREADS TO ADJACENT WORK

*Woven termination:* For an conspicuous termination of w and a smooth edge, extend threads are woven with a tape needle back into the work bef being cut off. The woven thread should extend back through at le three rows.

### Directions for bobbin lace pillow front

Directions for making one of two bobbin lace pillow fronts sho on page 81 (see closeup, page 1 are given in this section. To rece free directions for making the ot pillow front, please send a stamp self-addressed envelope to: Cra Department, Better Homes a Gardens, 1716 Locust Street, D Moines, Iowa 50336.

*Pattern:* A bobbin lace patte is a full-scale graphic represen tion of the planned work, drawn a sheet of graph paper. The pap pattern is then pinned to the wor ing board, and the bobbin la threads are worked directly over

A pattern may have just a f sketched guidelines, or it can di gram every stitch. To duplicate o pillow top we suggest that you e large the scaled-down pattern (pa 114) to full size, sketching in t stitch outlines of the pattern for least half of the border and all t inside or "ground" pattern. T midpoint of the large centr "spider" motif is the midpoint the pillow top. The bottom half the pattern duplicates the top ha

The *key* accompanying the pa tern explains what each symbol the pattern means. Each pin loc tion is noted, as well as the s quence for starting and working t center "spider" motifs. Solid lin represent natural-colored thread and dotted lines indicate bleache or white threads.

In studying the pattern (page 11 and key below, remember that eac single line on the pattern represen a *pair of bobbins* (or *two* threads

Each stitch (indicated by a whit or black circle) is formed with *tw pairs* of threads—i.e., there are tw pairs of threads entering and lea ing each completed stitch. In mo cases, each new stitch will b formed from one pair of thread coming from each of two differen previously completed stitches. A pin is used to hold each stitch i place, except along the borde where pins are used only at th edges.

### Key

- WHOLE-STITCH (cr-tw-cr-tw)
- LINEN STITCH (cr-tw-cr)
- EXTRA TWISTS (each cross line represents 1 twist)
- STARTING PINS
- PIN WHERE WEAVER PAIR CHANGES DIRECTION
- DIRECTION OF THREAD TRAVEL
- NUMERICAL SEQUENCE OF WORKING STITCHES
- SEWING

**continued**

# A marshmallow a day puts a twinkle in your eye.



# salad crispins®

**A lot of little things that make a big difference.**




FAMILY FOOD IDEAS

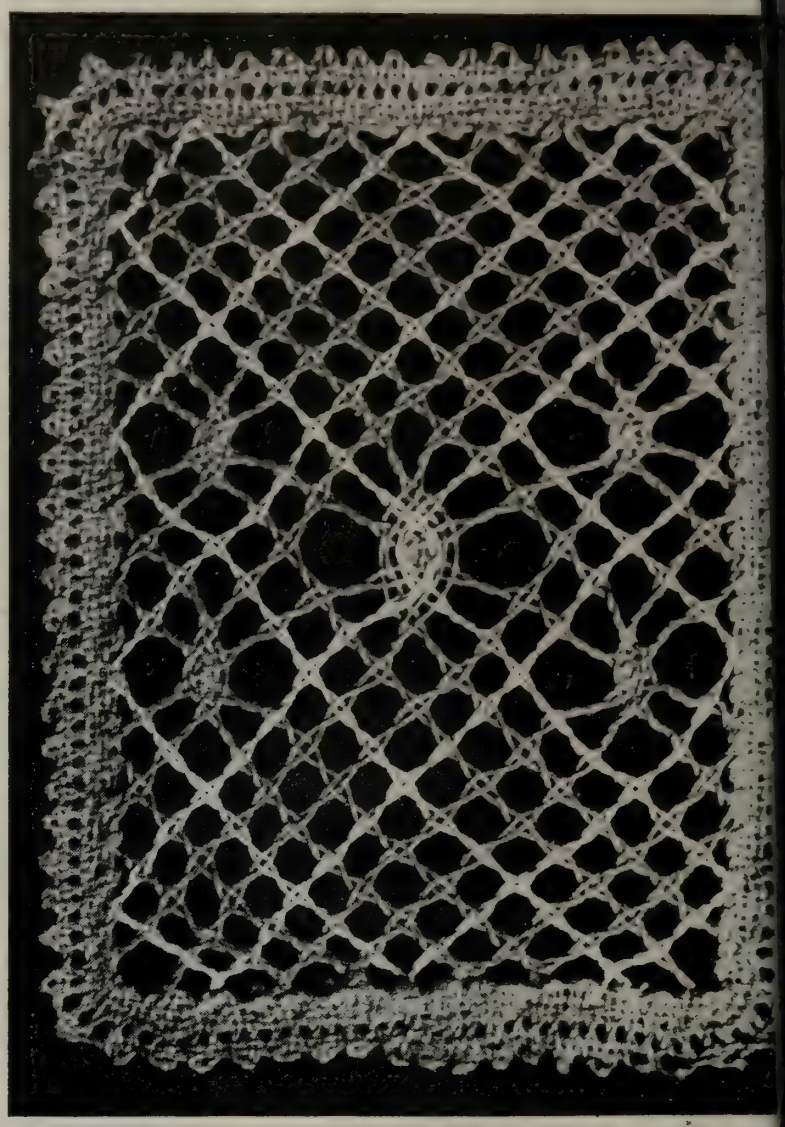
Salad Crispins gives any salad more flavor than you can get with just the salad dressing alone.

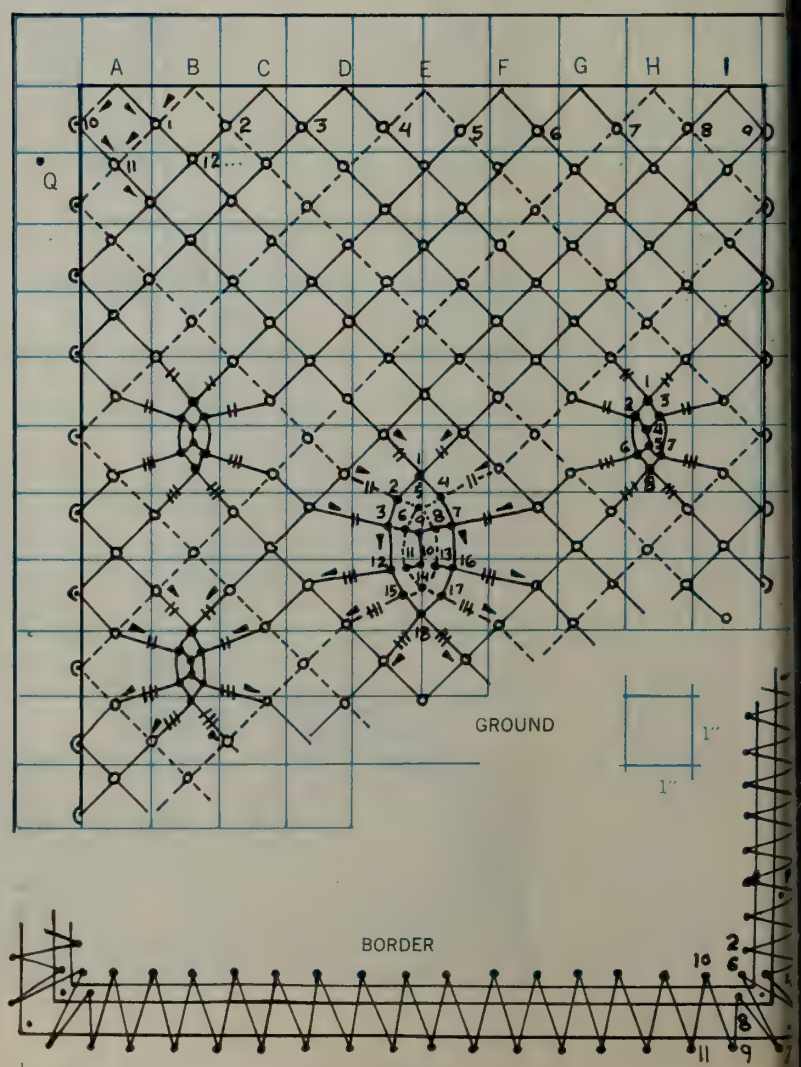
Just a simple shake of the can turns your everyday salad into something that's simply great. Try Salad Crispins.

When you're trying to make salads special, it's the little things that count.


continued

## Bobbin lace






Pattern

continued

# Every holiday I get compliments on my ham. Well, this year I added a blend of two rices and twenty-three different herbs and seasonings just so nobody could ignore my potatoes again.



## What a success.



# Spaghetti lovers, this one's for you.



## Introducing New Hamburger Helper For Spaghetti.

New Hamburger Helper for Spaghetti lets you make delicious spaghetti with a hearty meat sauce that tastes like it simmered for hours. All you need is a pound of hamburger, a skillet, and a couple of minutes to stir it all together. Let it simmer just 20 minutes and you'll have tangy, Italian style spaghetti. Or—like our other great flavors—you can prepare Hamburger Helper for Spaghetti as a delicious oven casserole.

So Spaghetti lovers—
**Help yourself.**




X24

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on your next purchase of




**Hamburger Helper for Spaghetti or any other Hamburger Helper flavor.**

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MR. GROCER: As our agent, accept this coupon on the purchase of the specified product. General Mills will redeem each coupon you so accept for the face value plus 5¢ handling charge. Mail this coupon to General Mills, Inc., Dept. 400, Minneapolis, Minnesota 55440 for redemption. Coupons will not be honored if presented through third parties not specifically authorized by us. This offer void in any state or locality prohibiting, licensing, or regulating these coupons. The consumer must pay any sales tax included. Good only in U.S.A.

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CASH VALUE 1/100 CENT

10¢ General Mills X24

FAMILY FOOD IDEAS


continued

## Bobbin lace

After you have enlarged th tern on graph paper, pin the scale pattern in place on your and you are ready to begin wo the pillow. Complete the b first and fill in the ground after

*Border*

The dense construction o border is often called a "wo ground." One bobbin pair, re to as the *weaver*, is woven bac forth across the remaining pa threads, called *hanging pairs*. border, pins are used only edges, where the weaver changes direction.

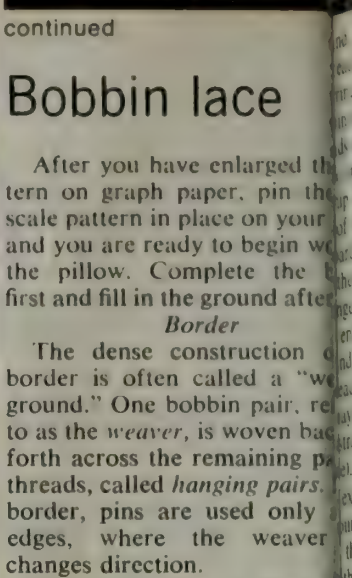
As the border is worked weaver threads should no crowded, and should be unifo spaced, following the graph tern on page 114.

*Materials for border:* Cut foot-long pieces of natural-co linen and wind on six pairs of bins. These will be the *ha pairs*.

Cut two 10-yard-long piec natural linen and wind on tw of bobbins. These will be the *er pairs*.

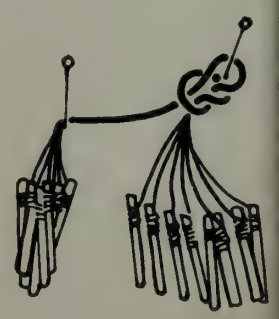
*Instructions for border:*

1. The full-scale working di below is a detailed version outline border shown on the tern. It will help you set up quence of stitches for the b Refer to it as you work. (Se gram 9.) The border should proximately 1¼ inches wide.




9. WORKING DIAGRAM FOR BORDER

2. The border is begun by a nique called *invisible mountin* diagram 10).



10. INVISIBLE MOUNTING

Draping all bobbin pairs

nd, tie a slipknot with all
eads.
ring to working diagram,
in through the formed loop
ds and into the board at a
inch in from side and 2
p from lower right-hand
f the working pattern on
ard (point P on the pattern
he working diagram).
ge threads so that bobbins
end of these threads hang
d bobbins on the opposite
ach thread hang to the side
ay be draped out of the way
traight pin, as in diagram 9,
).
ext, place a pin at 1, and
ur right hand take the two
threads to the right of this
th any two other bobbins in
ft hand, make your first
linen stitch. This will be
on the working diagram.
ive the weaver pair a twist
e cross line on the diagram),
nsfer the weaver pair back
ght hand (dropping the other
Now make another linen
ith the weaver pair and two
arting bobbins.
ansfer the weaver pair to the
and again and make a third
stitch with the remaining
pair of bobbins.
lace a pin at 2 on the dia-
give the weaver pair a twist,
rk back across the border
en stitches, picking up each
hanging bobbins in sequence.
working diagram indicates
itch and extra twists (cross
n the diagram) which are
o the weaver pair in order to
penings in the border ground.
s you reach the corner, turn
oard on its side and work
ner of the border, following
king diagram. Note the three
given to the weaver pair
each outside pin on the
, and the extra single twist
around the corner on the out-
nging pair.
Continue to work the border
ou are about halfway around
oard (point Q on the full-
attern). Pin to secure bobbins.
Now turn the board upside
and return to starting pin
ndo the slipknot, remove
in, and straighten out all
s so they are aligned with
orresponding worked ends.
ng this new group of threads,
he border in the opposite di-
n around to point Q to meet
tial group of worked threads.
At this meeting point, pin
o weaver pairs to the outer
Using a tapestry needle,
all hanging threads into the
ite side of the border for a
ce of ½ inch. Cut off all
ling threads close to the work.
f one of the weaver pairs with
are knot and weave the re-
ng pair back through the bor-
the inner edge. Cut off all
ling ends.
u have now completed the
r of the pillow top and are
to work the inside ground.

*Working the ground*

working threads for the
d are initially joined to the
edge at the top of the com-

ued


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Carol Lawrence




"There's nothing quite so relaxing as sitting leisurely in a European coffeehouse and enjoying a delicious cup of coffee.

Now, with General Foods International Coffees, I do the same kind of thing in my own home.

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All three coffees can be made in a hurry, but they're too satisfying to drink in a hurry. So, I just sit back and relax."

GF GENERAL FOODS




**General Foods International Coffees. It's our flavor that makes us special.**

# We put our chips on California Avocados.©

This pair takes the pot and turns it into an unbeatable main-dish dinner. The authentic crunch of Toasted Corn Doritos® brand tortilla chips comes with every bite. And the smooth, mellow nut-like flavor of California Avocado has always been a winner. So pick up the pair and parley them into a party tonight.

FAMILY FOOD IDEAS

**Western Chef's Salad**

Chop 1 onion, 2 tomatoes, 1 head of lettuce. Toss with 1 cup shredded Cheddar or American cheese; 1 cup French or Thousand Island dressing, hot sauce to taste. Peel, slice and add one large California Avocado. Crumble and add one 6 oz. bag of Toasted Corn Doritos® tortilla chips.

Brown 1 lb. ground beef and drain. Add 1 can (15 oz.) drained kidney beans; ¼ tsp. salt; heat. Mix into cold salad. Decorate with extra chips, avocado and tomato. Serves six.




LOVE FOOD FROM CALIFORNIA

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continued

## Bobbin lace

pleted border as described u Special Techniques, above (*Sta at a Finished Edge*, diagram After each thread has been p through a loop of the border ed it is wound onto bobbins to working pairs.

Work the stitches in sequ (following numbers on the patte

Use a sewing stitch (see diag 7) to join working pairs to the edge of the finished border a the sides.

Terminate threads at the bo border with a knot (see diagra and weave ends back into wo border.

*Materials for ground:*

Cut twelve 2-yard lengths of ural linen and six 2-yard length bleached linen.

*Directions:*

1. Join two natural thread pins A, C, D, F, G, and I (see of pattern). Join two blea threads at pins B, E, and H. W threads on bobbin pairs (you have 36 bobbins in all, 18 pairs).

2. Starting with the two adja bobbin pairs from pins A an *give the threads an initial twist* then make the first whole-stitc pin 1. Work the entire top ro whole-stitches in the same ma before proceeding to the next

3. Join the outside bobbin from pins A and I to the inside of the border with a sewing st Proceed to work the second ro whole-stitches, and continue f total of seven rows.

4. The five central design m on the pillow top are c "spiders"—a traditional bobbin configuration composed of a s of linen stitches.

The individual stitches of spider are most easily worked in sequence numbered on the patt Work the smaller spiders at left right first, then proceed to the er central spider.

5. If you are following the tern on your working board c fully, the large central sp should fall just in the center of pillow top. Work the bottom tion of the ground exactly the s as the top half.

6. Tie off all threads at the tom edge of border. Clip thre

7. The pillow top is now c pleted. Remove pins and lift bobbin lace pillow top from board. The exposed or working of the panel is the back of the pi (so that all knots and/or cut thre are on the back). Turn pillow face up and appliqué to the fa covering for a 12x16-inch pil form with simple catch stitches

---

An excellent selection of t and materials for working bob lace may be ordered by mail fr SOME PLACE, 2990 Ade Street, Berkeley, California 947 Write for further information copy of the Kliot's book, *Bob Lace*, may be ordered from y local bookstore, or from Be Homes and Gardens. To order, to page 104.



# The Rut.
# And how to get out of it.

The following suggestions were compiled from some of America's favorite cookbooks. Fannie Farmer could work magic with a tender, juicy boneless ham like the Armour Star Canned Ham. And so can you.

FANNIE FARMER COOKBOOK

**Ham Casserole Country Style**
Thin-sliced potatoes and onions with a sprinkle of thyme.

**Ham Roll**
Thick ham slice, stuffed, skewered and baked with consomme or tomatoes.

GOOD HOUSEKEEPING COOKBOOK

**Mushroom Baked Ham**
Marinated ham slice baked with mushrooms.

**Baked Ham with Celery and Carrots**
Served with a curried cream sauce with just a dash of sherry.

WOMAN'S DAY ENCYCLOPEDIA OF COOKERY

**Ham Baked in Claret**
Tart, peeled apples and a cup of claret are the secret.

**Ham and Oyster Gumbo Filé**
Creole chicken stew with ham, oysters, tomatoes and herbs, thickened with traditional filé powder.

**Spiced Ham and Bananas**
A whole new kind of banana split.

JULIA CHILD'S MASTERING THE ART OF FRENCH COOKING

**Jambon Farci Et Braise**
Braised ham with mushroom stuffing.

**Tranches de Jambon Morvandelle**
Sauteed ham slices in cream and Madeira sauce served on a bed of braised spinach.

**Jambon Braise Au Madere**
Ham braised in Madeira wine and roasted with carrots, onions, parsley and thyme.

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**Ham Baked in Cola**
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Serve with a bottle of your favorite California Pinot Noir.

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Boneless ham marinated in dry white wine and seasonings for hours before baking.

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**Rosy Ham Slice**
Grilled over slow coals and basted with spicy sauce.

**Ham Medley**
Cubed ham and diced celery, peppers and onions in creamy cottage cheese casserole.

THE NEW McCALL'S COOKBOOK

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This family favorite with its upside-down pineapple and cherry topping bakes in just one hour.

We hope you try a new ham recipe soon. We'll even send you some of ours free. Write to: "Magic Can Recipe Booklet," Armour and Company, P.O. Box 4354, Dept. B, Chicago, Illinois 60680.

FAMILY FOOD IDEAS




**Look for the Armour Star outside.**
**You'll find Armour quality inside.**



# KNOX BLOX.® HATCH A BATCH FOR EASTER DAY. OR ANY DAY.

Knox Blox are easy to make, fun to eat, and a nice change from candy. They're finger-size, fruity gelatine snacks that are all firmed up.

Dress Knox Blox up for Easter in festive shapes and colorful sprinkles. It's an idea as fresh as springtime itself.

FAMILY FOOD IDEAS

*4 envelopes Knox Unflavored Gelatine*
*3 packages (3 oz. ea.) flavored gelatine*
*4 cups boiling water*

In large bowl, combine Knox® Unflavored Gelatine and flavored gelatine; add boiling water and stir until gelatine dissolves. Pour into jelly roll pan (15½" x 10½" x 1") or large shallow baking pan. Chill until firm. Using cookie cutters, cut out shapes; remove carefully. If desired, decorate with glossy decorating gel (available in 11/16 oz. tubes) or with chocolate or multi-colored *long* sprinkles as pictured. (Note: other varieties of sprinkles may melt—test before using.)

Chop gelatine trimmings and use in parfaits layered with ice cream or sherbet, or fold into whipped topping.




KNOX BLOX. A DIFFERENT KIND OF SNACK.


# BUTTER-SCOTCH BEL RINGERS

## HOT BUTTERSCOTCH SUNDA



Photographs: D

**1¼ cups milk**
**2 tablespoons cornstarch**
**¼ teaspoon salt**
**¼ cup light corn syrup**
**1 cup packed dark brown sugar**
**2 tablespoons butter or margarine**
**Vanilla ice cream**

In heavy saucepan, blend m into cornstarch and salt; add c syrup. Cook and stir over me um heat till mixture thickens a bubbles; cook 2 minutes mo stirring occasionally. Remo from heat; stir in brown sugar a butter or margarine. Serve wa over ice cream. Store remaini topping in screw-top jar; refrig ate. Serve chilled or reheat to u Makes about 1¾ cups toppi

## CHEWY BUTTERSCOTCH BAR



**⅔ cup packed brown sugar**
**½ cup butter or margarine**
**2 eggs**
**1 teaspoon vanilla**
**½ cup all-purpose flour**
**1 3¾- or 3⅝-ounce package *instant* butterscotch pudding mix**
**¼ teaspoon salt**
**¾ cup quick-cooking rolled oats**
**Powdered sugar**

In mixing bowl, beat togeth sugar and butter or margarin Add eggs and vanilla; beat we (batter may appear slightly cu dled). Stir together flour, d pudding mix, and salt. Add creamed mixture; mix well. Stir i oats. Spread batter in greas 9x9x2-inch baking pan. Bake 350° oven for 30 to 35 minute or till done. Cool in pan. Sprinkl powdered sugar over top wit shaker or sift through a tea strai er. Cut in bars. Makes 2 doz cookies. ■




STAINLESS TEFLON® ALUMINUM

# Winner in cleanup, winner in looks.

When it comes to a cleanup contest between TEFLON and uncoated cookware, let your clock be the judge. TEFLON-coated cookware comes clean quickest every time.

And when it comes to a beauty contest between Classic White TEFLON and other cookware, let your eye be the judge. Classic White TEFLON gives you all the advantages of no-stick cooking and easy cleanup that improved TEFLON II has to offer. Plus it gives you the added advantages of having cookware that looks as good as it cleans, that adds a touch of fashion to your kitchen, and that makes the food you're cooking better looking.

Look for Classic White TEFLON on a wide variety of cookware and bakeware products. It cleans, it cooks, and it looks like the clean winner it is.




FAMILY FOOD IDEAS

Now you can be a winning cook with "Meals in Minutes," a special hardbound cookbook offer from Better Homes & Gardens. This $2.49 book is only $1.65 with the TEFLON*II Quality Seal from cookware package (or other proof-of-purchase). Just send your

# Tar/Taste Theory Exploded.

## New 9 mg. tar MERIT with 'Enriched Flavor'™ proves taste no longer depends on amount of tar.

Until now, cigarette flavor pretty much depended on the amount of tar that went along with it.

Regardless of "low tar, good taste" claims, regardless of fancy-filters and "space-age" filtering systems—you couldn't get high taste without high tar.

Nor low tar without low taste.

That was the theory.

*Until now.*

By isolating certain "key" ingredients of tobacco in cigarette smoke, ingredients that deliver taste way out of proportion to tar, researchers at Philip Morris have developed an 'Enriched Flavor' process so successful at boosting flavor, the resulting cigarette actually delivers as much—*or more*—taste than brands having more tar.

*Up to 60% more tar.*

The cigarette is 9 mg. tar MERIT. One of the lowest tar levels in smoking today.

If you smoke—you'll be interested.




### Taste-Tested By People Like You

9 mg. tar MERIT was taste-tested against five current leading low tar cigarette brands ranging from 11 mg. to 15 mg. tar.

Thousands of smokers were involved, smokers like yourself—all tested at home.*

*Even if the cigarette tested had 60% more tar than MERIT, a significant majority of all smokers tested reported new 'Enriched Flavor' MERIT delivered more taste.*

Repeat: delivered more taste.

In similar tests against 11 mg. to 15 mg. menthol brands, 9 mg. tar MERIT MENTHOL performed strongly, too, delivering as much—*or more*—taste than the higher tar brands tested.

You've been smoking "low tar, good taste" claims long enough. Now smoke the cigarette.

MERIT. Unprecedented flavor at 9 mg. tar.

From Philip Morris.

*American Institute of Consumer Opinion. Study available free on request. Philip Morris Inc., Richmond, Va. 23261.

9 mg. "tar," 0.7 mg. nicotine av. per cigarette by FTC Method.

MERIT and MERIT MENTHOL

© Philip Morris Inc. 1976

**Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.**



Middleton Place

By Hamilton Mason and Kate Keating

# A FAMILY TRAVEL GUIDE TO AMERICA'S GREAT PUBLIC GARDENS

**Dozens and dozens of magnificent public gardens bloom across America, and they're yours for the visiting. There are all sorts of gardens: formal, rock, botanical, sunken, topiary, fragrance, woodland, landscape, and sculpture; and indoor, outdoor, tropical, desert, seaside, arid, mountain, and plains; and Mediterranean, colonial, English, Italian, Japanese, and Chinese. And whether it's a preserve of tranquillity, a jungle of tropical lushness, or a blaze of blossoms, each garden is a living work of art, as individual as a painting in a museum. Chances are excellent that there's a public garden within a day's distance of your home.**

**While each of these gardens is a visual lesson full of ideas you might adapt to your own needs, the nicest part is that you needn't be a horticulturist, botanist, or dendrologist to enjoy a garden visit. The gardens will please you even if you don't know the difference between a lady's-slipper and a larkspur. What's more, children take naturally to gardens, and indeed, youngsters, with their keen eye for detail and natural affinity for minute things, often see more than adults do. In addition, some gardens have picnic areas, and animals and birds either wandering the grounds or in petting enclosures. Some gardens are free, while others charge moderate admission fees. It's not surprising that many families have already discovered that our public gardens are ideal for family outings.**

**Our guide to some of America's outstanding gardens and their prime blooming times necessarily only skims the surface of possibilities. But we hope that it will plant an idea that will prompt you to look further into the subject—to inquire about gardens in your own vicinity, and those you might include in your family's vacation plans.**

## MIDDLETON PLACE

**Location:** Charleston, South Carolina 29407.
**Hours open:** Daily except Mondays, 9 a.m. to 5 p.m. The House: 10 a.m. to 5 p.m.; Sundays, 2 p.m. to 5 p.m. Restaurant: 10 a.m. to 3 p.m., February-November.
**Admission:** Gardens/house/stable yards: adults $4; children 4 to 12, $2. Gardens and stable yards only: $3 and $1.50.
**How to get there:** 14 miles northwest of Charleston on South Carolina-61.

For young and old alike who have no notion of what a plantation was like, Middleton Place provides the experience. There are the gardens, house, and stable yards, all possessing a haunting charm plus down-to-earth reality—the result of the property's having been controlled and directed by only one family for over 200 years.

Middleton was the first landscaped garden in the country, dating from 1741, so plants have had time to grow and become impressive. Even if you miss the camellias in flower (their bloom is from winter into March), you will still be awed by the size of these evergreen plants. They are more like trees than shrubs, and they tower over you. Middleton's mellowness of age is rare in this country.

When taking pictures, concentrate on closeups of camellias. Because of the abundant green foliage, whole plants are not nearly so photogenic —even if loaded with pink, red, white, or variegated blooms. The azaleas, on the other hand, are great subjects, up close or at a distance, because the flowers virtually cover the bushes.

Although camellias and azaleas are the main floral attractions, you can come later in the spring



Middleton Place

and into summer and find the flowers of mountain laurel, magnolias, and crape myrtle. But actually, you don't need flowers to savor the Middleton landscaping. Perhaps more impressive than any flower display are the broad lawn-covered steps that descend to the butterfly lakes and the Ashley River. Or you may prefer the giant Middleton oak, reputed to be 1,000 years old; or the lake edged by bald cypresses with odd "knee" outgrowths that function as aerators for the root system.

The restored house (c. 1775) has only recently been opened. Among the salvaged treasures are portraits, fine china, silver tankards, and four-poster "rice beds" made in Charleston. The sheaves of rice carved on the posts represent what was at one time a major crop of the area.

For the youngsters, there are cows, horses, mules, hogs, chickens, ducks, and even peacocks in the stable yards. If you've never heard a peacock's call, you have a dubious treat in store.

For more plantation atmosphere, there are displays of blacksmithing, corn grinding, candle making, spinning, and weaving. A picnic area is provided, and a restaurant serves Low Country fare like okra gumbo and ham-cheese biscuits.

## MISSOURI BOTANICAL GARDEN

**Location:** 2315 Tower Grove Avenue, St. Louis, Missouri 63110.
**Hours open:** Every day except Christmas. Gardens: May-October, 9 a.m. to 6 p.m.; November-April, 9 a.m. to 5 p.m. Climatron: daily 10 a.m. to 5 p.m. Tower Grove House: May-October, 10 a.m. to 5 p.m.; November-April, 10 a.m. to 4 p.m.
**Admission:** Gardens: adults $1; children 6 through 12, 25 cents; under 6 no charge. Tower Grove House: adults 75 cents; children 12 and under, 25 cents.
**How to get there:** Consult St. Louis city map. About 20 minutes by bus from downtown.

The Missouri Botanical Garden is more popularly known as Shaw's Garden, having been established by Henry Shaw in 1859. At that time, the garden was near his country home, a good distance from the St. Louis of that era.

The home, Tower Grove House, is open to visitors. Inside, you'll find an 1890 farm kitchen of special interest. Outside, and around in back, is an avenue of dawn redwoods. These were long thought to be extinct until the sensational rediscovery of them in China in 1942. The trees thrive in most parts of the country and are treasured because they grow fast and are virtually pestfree.

If you visit the Garden anytime from July to frost, you'll enjoy one of the major attractions: tropical water-lilies.

Rose lovers will be in seventh heaven from May to October. That's when visitors can enjoy an All-America Rose Selections test garden, old roses, miniature roses, and a display of regular rose varieties best suited to the Middle West. For a different kind of experience, enter the new rose garden from the west—via the Shapleigh Memorial Fountain. You walk between two walls of water, 12 to 15 feet high. On a very windy day, you run.

The Climatron, a geodesic dome developed on principles set down by Buckminster Fuller, is a major point of interest. In its early years, it became a dismayingly tangled jungle, but rearrangement of plants has made a visit much more pleasurable. If you've never seen bananas, papayas, or avocados in fruit, you will here. A special show of orchids from the Garden's vast collection is a February-March feature.

For a complete change of atmosphere, take in the Desert House—to your right as you leave the Climatron. Here are the cacti and succulents that make up one of the notable collections of the Garden. The Scented Garden is designed to appeal to both blind and sighted people. Emphasis is on herbs, but there are also fleshy-leaved plants for the joy of touch. Labels are both regular and braille.

Refreshments are available at a snack bar.

## FLORIDA CYPRESS GARDENS

**Location:** Cypress Gardens, Florida 33880.
**Hours open:** Daily 8 a.m. to 5:30 p.m.
**Admission:** Adults $3.75; ages 12-16, $2.75; ages 6-11, $1.75; under 6 free.
**How to get there:** Halfway between Orlando and Tampa off I-4.

If you feel that Cypress Gardens can't measure up to all the pictures of it you've seen in newspapers and magazines and on TV, you're in for a wonderful surprise. The Gardens have been so skillfully designed and developed that you find you're in a tropical paradise that constantly changes as you follow gently curving paths that open up one view, then another.



Bellingrath Gardens

The Gardens of the World (a new area) are located near the entrance. There is something here to appeal to everyone: a 27-foot-high waterfall in the Mediterranean zone, an English courtyard, a Dutch windmill, spectacular Italian fountains, and a Grecian stage, which is a good place to relax and enjoy the view.

The famous water-ski show provides excitement four times a day—at 10 a.m., 12 noon, 2 p.m., and 4 p.m.—each performance lasting for half an hour. A seating area provides a bird's-eye view of the show, and a strategically located gallery lets photographers get the best shots of the oncoming skiers. If you've left your camera in the car or at the motel, you can borrow one at the film shop.

As for flowers, you'll find something worth seeing all through the year. Just don't expect a tremendous color spectacle everywhere you look, such as you'd find in spring gardens up North. That isn't the way of the tropics, where lush, cooling green predominates—with splashes of color.

Palms abound and create exotic settings for the flowering plants. The princess-trees are so covered with royal purple blossoms that their foliage barely shows. These are at their best in May. From then into August, you'll see waxy yellow allamandas, pink Brazilian plumes, and tropical water-lilies. From September to December the colorists are yellow-flowered cassias, red ixoras, bird-of-paradise, and bougainvillea. Then, from January into April, azaleas, camellias, and the orange flame vine brighten the scene. Roses are not tropical, but Cypress Gardens has award winners in bloom all year.

There's a restaurant with a terrace, or you can eat at one of three fast-food-service areas.

## BELLINGRATH GARDENS

**Location:** Theodore, Alabama 36582.
**Hours open:** Every day of the year. Gardens: 7 a.m. to dusk. Home: 8:30 a.m. to 5 p.m., the last tour beginning at 4:15 p.m.
**Admission:** Gardens: adults $2.40; children 6 to 12, $1.20; under 6 free; military $1.50. Home: everyone (except babies in arms) $3.
**How to get there:** 20 miles south of Mobile, Alabama. Turn south off US-90 or I-10 at Theodore.

Bellingrath has been called the "charm spot of the Deep South," and so it is. Why? Undoubtedly because it began as a private estate and remains a comfortable, homey garden in spite of its 75 acres. Careful management has kept the Gardens this way since they were opened to the public in 1932.

When you enter, you're given a pictorial map that will help you orient yourself. No need for it, though, at first, because you run smack into the rose garden. The roses have been planted in concentric circles with paths between the beds to make viewing easier. Since the blooming season lasts from April into December, you have a wide time choice for your visit.

If you know anything about Bellingrath at all, you probably think of it as an azalea-and-camellia garden. It's true that these are major attractions of the Gardens. How could 4,000 camellias and 250,000 azaleas be anything else when they're in bloom (the camellias from September to April and the azaleas from mid-January into April)?

But a garden needs more than one or two kinds of plants—and you'll find them here by the hundreds. Two of the most alluring are the least visible; you smell their presence. The tea olive has tiny, unremarkable, white flowers, but its fragrance permeates the air from September to May—as if to compensate for the more glamorous, but scentless, camellias. And if, in April-May, you detect the odor of bananas, don't look for the tropical fruit. With a little hunting, you'll find the creamy yellow flowers of the banana shrub, kin to magnolias.

In April, you'll also see mountain laurels (large shrubs with clusters of pink blooms speckled purple) and dogwoods. In May, expect hydrangeas—the pink and blue ones you see in florist shops for Mother's Day—and gardenias, which neither eyes nor nose can miss. If you overhear someone talking about Cape jasmine, that's Southern for gardenia. Crape myrtles are a big part of the summer show. They're big shrubs or small trees with clusters of crinkled flowers in white, pink, or lavender. In fall, chrysanthemums take over with seas of luscious color.

One of your memorable experiences will be walking under the big native trees, especially the live oaks, dripping with Spanish moss (a pineapple relative once used for stuffing mattresses).

Despite the elegance of its furnishings, the Home is no museum. You feel that it has been lived in, which it was not so long ago. Knowledgeable guides tell you about the Bellingraths' antique furniture, silver, and china.

The gardens are laid out for leisurely visiting, and there are guides all over (in lieu of labels) to answer your questions.

A cafeteria and snack bar, open from 7:30 a.m. to 4 p.m., serve breakfast, lunch, and short orders.









Longwood Gardens

## LONGWOOD GARDENS

**Location:** Kennett Square, Pennsylvania 19348.
**Hours open:** Every day of the year. Outdoor gardens: 9 a.m. to 5 p.m. Conservatories: 10 a.m. to 5 p.m.
**Admission:** Adults $1 on weekdays and $1.50 on Saturdays, Sundays, and holidays; children from 6 to 12, 50 cents; under 6 free.
**How to get there:** By car from Philadelphia, take US-1 south to the Gardens.

Longwood is a true showplace. It has something for everyone. Pierre S. du Pont saw to that when he bought and developed the old Pierce property and arboretum. Being a man of diversified taste and fabulous wealth, du Pont was able to create the sumptuous gardens that now exist for your enjoyment.

Since there are some 300 acres to take in, you'd do well to get your bearings in the Reception Center. It has an 8x12-foot model of the Gardens with a tape recording that describes the points of interest.

Good weather is always a blessing when you want to visit a garden, but bad weather is no deterrent at Longwood. Its four acres of Conservatories are all under glass.

Here you'll find the tropicals you expect and also some that you don't, such as the impressive collection of insect-eating pitcher plants. In addition, you'll see displays of hardy plants (lilies, Russell lupines) that steal a march on the outdoor shows—and are protected from damaging rain and wind.

It's impossible to list everything with blooming times, but here are some dates you might want to note on your vacation calendar.

Conservatories: acacias (January-March), azaleas (February-May), camellias (January-April), begonias (June-October), chrysanthemums (September-December), poinsettias (mid-December), roses (all year), cymbidium orchids (March-April).

Outdoors: dogwood (late April-May), rhododendrons (March-May), roses (June-September), spring-flowering trees and shrubs (April-May), water-lilies (July-October).

If you're curious about plants that produce familiar foods, fibers, and medicines, seek out the Economic House.

Wander aimlessly and you'll come upon some of the little secret gardens. Each one is devoted to a single kind of flower, such as the iris or peony. You'll also want to take in the rose garden and the herb and vegetable gardens.

Water plays a great role at Longwood, as it does in European Renaissance gardens. The main Fountain Garden rivals the water displays at the Villa d'Este or Versailles. Special half-hour illuminated shows take place every Tuesday, Thursday, and Sunday evening at 9:15 p.m. from the beginning of June through Labor Day. Besides this major exhibit, there are fountains scattered throughout the Gardens. One not to miss is the Italian Water Garden.

If you time things right, you might see a dramatic or musical production in the open-air theater. These performances are produced by local organizations, not by Longwood itself. You can write to the Gardens for a calendar of events, and then write to the individual organizations for tickets. Regardless of what's on the stage, the theater itself is a spectacle. Jets of water form the curtain; sheared arborvitae are the stage wings; old trees create the backdrop.

Even though Longwood Gardens are deeply involved in plant science, the emphasis is on displaying plants for your pleasure, as you'll note everywhere you turn. And as you enjoy, you're educated—plants are well labeled.

## KINGWOOD CENTER

**Location:** Mansfield, Ohio 44901.
**Hours open:** Gardens, greenhouse, nature area: every day, 8 a.m. to sundown. Kingwood Hall: Tuesday through Saturday, 8 a.m. to 5 p.m.; Sundays (Easter through October only), 1:30 p.m. to 4:30 p.m. Closed Mondays and major holidays.
**Admission:** Free.
**How to get there:** Near junction of I-17 and Ohio-30. About 1½ hours from Cleveland and Columbus at 55 miles an hour.

Kingwood is a gardener's garden—meaning that the 12 gardens display plants, old varieties as well as new ones, that you can easily grow. They're well labeled, too, so you know what to look for in nurseries or catalogs.

Plants grown from seed are purchased by the Center from leading seed firms. If you want to know where to buy something, first check the coded labels. Note the number in the lower right hand corner of the label, then inquire about it at the Kingwood Library.

The tulip display (some 60,000 blooms) begins the end of April, generally reaches its peak during the first two weeks of May, and ends about the 20th of May. Then the tulips are dug up to



Denver Botanic Garden's Boettcher Conservatory

make way for annuals. They continue into mid-September and include a number that are being tested before being released to the public.

From July until frost, you can see 200 varieties of dahlias. The daylilies also start their show in July—and a big show it is with 300 varieties. The iris reach full stride in June.

There is a marvelous collection of some 50 varieties of hostas, ranging in size from four inches to four feet, and in foliage coloration from ivory to mid-green to deep blue-green. Fragrant but not particularly dramatic blossoms are white, blue, or violet. Hostas are a boon for gardeners who have despaired about what to plant in areas of shade.

Perennials are on parade from April to November. Lilies bloom from June into August. And gladiolus are at their best in August. In September and October, chrysanthemums come into their own.

Planting designs are changed each year, so if you pay return visits you're always in for surprises.

Surplus plants are often for sale on weekends. There's no telling what the plants will be, but very likely you'll find something you want.

Don't miss the Nature Trail, especially if you can time your visit between April and June when Ohio wildflowers are at their best. And since Kingwood is a bird sanctuary, keep a sharp eye out for anything on the wing.

Kingwood Hall was once the home of Charles Kelley King, founder of the Center. The 27-room mansion, built in 1926, is French provincial in style and contains French antiques and a fascinating collection of 200 ceramic mushrooms by Maria Maravigna of Boston.

## DENVER BOTANIC GARDENS

**Location:** 1005 York Street, Denver, Colorado 80206.

**Hours open:** Daily 9 a.m. to 5 p.m. Closed Christmas and New Year's.

**Admission:** Free, but donations are accepted.

**How to get there:** City buses serve the vicinity; inquire locally.

A short growing season, high winds, and sparse rainfall make gardening a more than average challenge in mile-high Denver. Yet there are precious few places that can approach its all-out community interest in gardening. An excellent example of this is the corps of 300 volunteers who are the backbone of the Denver Botanic Gardens. They perform tasks from manning the gift shop and tending the comprehensive library to guiding groups through the 20-acre York Street Garden of bulbs, roses, iris, gladiolus, herbs, and annuals, or through the huge Boettcher Memorial Conservatory, or on field trips to the alpine unit on Mount Goliath (50 miles from Denver). The volunteers also do a lot of the digging: last year, for instance, they took to their hands and knees to help plant 26,000 annuals when a late spring delayed the staff gardeners' planting schedule. In addition, 125 school children tend vegetable and flower plots in the Children's Garden, and an annual two-day plant sale to raise funds draws 16,000 people.

While the Conservatory is open year round and provides a dramatic foil to Denver's white winter scenery, the season for outdoor gardens is roughly only from Memorial Day through Labor Day, though spring bulbs may blossom earlier. The best color display, that of the annuals, is usually in late August. Field trips to the alpine and arctic wildflowers on Mount Goliath are conducted during July and until mid- or late August when the snow generally starts in the mountains.

The York Street Garden is particularly interesting this year because it is only partially developed. Completion is not expected for another five years. However, enough has been done so that you can see the blooming results of past years' labors and become aware of the enormous effort that goes into establishing a large garden.

Boettcher Conservatory is the only one between St. Louis and San Francisco. The oblong structure is stunningly laid out with well-labeled trees and plants. You'll enjoy your visit even more if you buy a copy of the Conservatory Plant Guide (50 cents)—a really fine booklet with a map of the paths that wind through the dense tropical and subtropical vegetation. The map locates 100 of the plants, trees, and vines, and there is a description of each along with its significance or practical use. Along a balcony overlook, from which you get a different perspective of the Conservatory plants, you'll find an aromatic all-spice tree. You'll see the tall lacy bamboos clustered along the Conservatory "swamp" and then learn that the giant bamboo is the tallest member of the grass family. Around a bend is the royal poinciana flamboyant, a tree with abundant scarlet blossoms—the national flower of Puerto Rico. The sea grape spreads nearby. An umbrella plant, native to Africa, sprouts from a pool in which several turtles swim.







Photographs George de Gennaro

Huntington Botanical Gardens

## HUNTINGTON BOTANICAL GARDENS

**Location:** 1151 Oxford Road, San Marino, California 91108.
**Hours open:** Tuesday through Sunday, 1 p.m. to 4:30 p.m. Closed Monday, holidays, and the month of October.
**Admission:** Free.
**How to get there:** 12 miles northeast of downtown Los Angeles, via Pasadena Freeway (California-11), San Bernardino Freeway (California-10), Foothill Freeway (California-210), Ventura Freeway (California-134).

Diversity is the hallmark of Huntington. Not only does it have a wealth of gardens, it also has an important library and an art gallery of note. Everything is well marked on a folder you receive on entering. The building on your right is the library. It houses a fine collection of rare books and manuscripts of American and English literature and history. Although you may not be interested in scholarly research, you'd probably enjoy a brief visit to the Main Exhibition Hall to see a Gutenberg Bible, some first printings of Shakespeare's plays, and the manuscript of Thoreau's *Walden*.

To see more cultural treasures stop next at the Art Gallery, formerly the Huntington residence. Most people want to view the original of Gainsborough's "Blue Boy." It's here, along with many other excellent examples of British 18th- and 19th-century art: drawings, paintings, ceramics, sculpture, silver, and furniture.

Now, unless you're one of those indefatigable garden-goers, you'd better check your map to see where you want to go. To the desert garden? The rose garden? The Japanese garden? The camellias and azaleas? Consider the last only if you're here sometime between January and April when they're in bloom.

If you have children with you, start with the desert garden. The young are always captivated by its endless varieties of plants—and so will you be. This is the largest outdoor collection of cacti and succulents in the world—12 acres of them. The cacti are native American and the succulents are mostly from Africa. Many of them have catchy names like cow's horn, milk barrel, elephant's foot, living rock. Although plants are labeled, you would still do well to invest ten cents (at the entrance) in a pamphlet outlining a self-guided tour. Plan to use a lot of film here. Fantastic shapes and sizes of plants are constantly changing as you stroll along the path.

The Japanese garden is also highly photogenic, the focal point being a vermilion moon bridge. The Zen section consists of raked gravel, trees, and shrubs—no flowers to distract. This is a garden for contemplation.

One of the most striking facets of the Gardens, thanks to that special Southern California climate, is the combination of plants in bloom at the same time. In March you'll see camellias and forsythias; in April, wisteria and coral trees (bright red claw-shaped flowers); in July and August, roses and the yellow-flowered cassia.

Roses, of course, are not limited to August. You'll find them from April on—both hybrid teas and old roses, for which a new garden has recently been developed.

The palm garden will prove to be an eye-opener in case you've always thought that all palms look alike. The colorful Shakespeare garden takes you back to Elizabethan times.

If you want the fun of walking between an orange grove and an avocado grove, go east by northeast from the parking lot.

## HODGES GARDENS

**Location:** Many, Louisiana 71499.
**Hours open:** 8 a.m. to sunset, daily from January 15 through December 24.
**Admission:** $3; children under 12 free.
**How to get there:** US-171, 15 miles south of Many.

Hodges Gardens are unusual in that they began as a natural wonderland. Hills and vistas, which many public gardens have had to create on level terrain, were here from the beginning and covered with trees and shrubs. The various gardens have been developed within the framework that nature provided. You're in the midst of a great forest, with all the peace and quiet that goes with such a setting.

The area consists of 4,700 acres. Mercifully, you can drive from one part of the Gardens to another. En route, you circle a sizable lake. The water and abundant greenery give an illusion of coolness that the thermometer could well be denying.

No matter when you go, you'll see something in bloom, but spring and summer are peak times for the two rose gardens. The modern roses have been planted in terraced beds that descend from a point

**Continued on page 136**

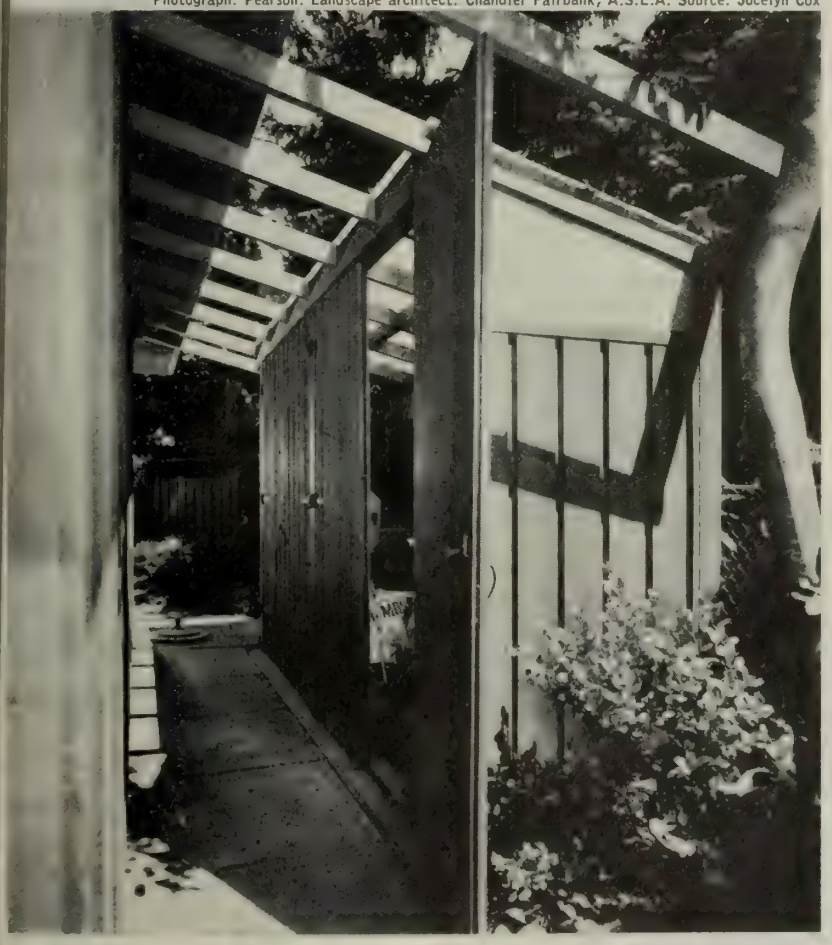
# Narrow but nice

Photograph: Braun. Landscape architect: Mary Gordon. Source: Ione Henrickson



A raised deck, level with doorsill, makes the most of the eight-foot space between house and wall. For solid deck support, spot-pour cement mix as base for concrete cap-block risers. Run several 2x4 stringers parallel to the house and nail 2x4s on them. Face the edge with 2x6 lengths. At either side of the door, set sentinel-like plants, such as potted upright evergreens or vines on totem poles. Lay slabs of precast concrete for walkway. Plant hardy ivy around the stepping pads.

Photograph: Pearson. Landscape architect: Chandler Fairbank, A.S.L.A. Source: Jocelyn Cox



Narrow space can be put to work as a storage fence alongside the garage. Just build a unit like this: three feet deep and nine feet long with a slope to six feet at back. Space embedded bolts about three feet apart in a poured concrete floor that has an eight-inch-high perimeter curb. Bolt a cedar 2x4 to the curb, mount 4x5 cedar posts over that and connect posts with 2x4s. For the header over the doors, join 1x6s, the back one dropped to start roof pitch as well as provide a lip to stop doors when they're closed. To make sides, nail rough cedar 1x6s over other 1x6s. For doors, bolt 1x6s over exterior-grade plywood. Attach whole unit to garage with 2x4s on two-foot centers. Use fiber glass for roof and upper sidewalls to admit light inside shed.



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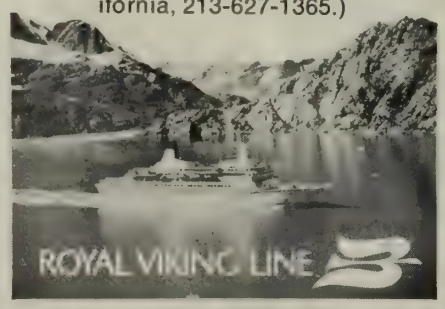


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TRAVEL WEST

**Barbara Humeston, Regional Travel Editor**

An insider's guide to family vacations for readers who live in metropolitan areas of the Far West

## Early America Spanish style

Usually the mere mention of colonial America evokes visions of Pilgrims and the Eastern Seaboard. But for vacationers traveling in the Southwest, vestiges of a different kind of colonial times are closer by, at El Rancho de las Golondrinas, or The Ranch of the Swallows, 20 miles south (via I-25) of Santa Fe, New Mexico, near the village of La Cienega.

This once-bustling Ranch was a self-sustaining community when established in the 1650s and also a stopping-off place for infrequent parties making the long, dangerous trek on El Camino Real (The King's Highway) between Santa Fe and New Mexico City. Much of what those early travelers saw still awaits visitors at the Ranch today.

You'll find about 60 delightfully varied buildings scattered over the grounds. The main hacienda, in typical Spanish style, is built in a square enclosing a courtyard or *placita*. Furnishings are authentically simple, since in those early days luxuries had to come by oxcart from Mexico.

On your self-guided tour o the Ranch, you can follow th trail to the threshing grounds an molasses mills, and then stro along the *acequia madre*, o mother ditch, to three water mills and wheelwright and blacksmit shops. As the trail meander down through the valley, you'l see small fields of corn and al falfa, orchards, vineyards, winery, and another gristmill an pond. A small adobe church top a hill overlooking the fields.

Another branch of the trai crosses a gurgling stream to a re constructed northern New Mexi co mountain village.

The first Sunday of each month (1 p.m. to 4 p.m.) April through August and again in October, El Rancho de las Golondrinas is open to the public. Admission is $1; 25 cents for children. Refreshments are sold.

Spring and harvest festivals get under way at the Ranch the first weekend in May and October, with people from nearby old Spanish villages reenacting what their forefathers did 200 and 300 years ago. During festivals, the landscape is alive with people—grinding flour at the gristmill, weaving at looms, stringing great

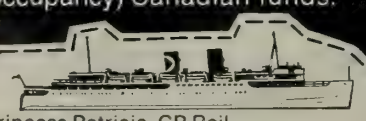
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RISE & SHINE IN EL PASO

necklaces of red chilies, rendering soap from animal fat, and making cider at the apple press. The products of the festival activity are for sale. Music, dancing, and religious processions are also part of the celebrations. And, you can buy lunch at stands on the grounds.

For details, write: Curator, El Rancho de las Golondrinas, La Cienega, New Mexico 87501.

## Mickey Mouse does it again

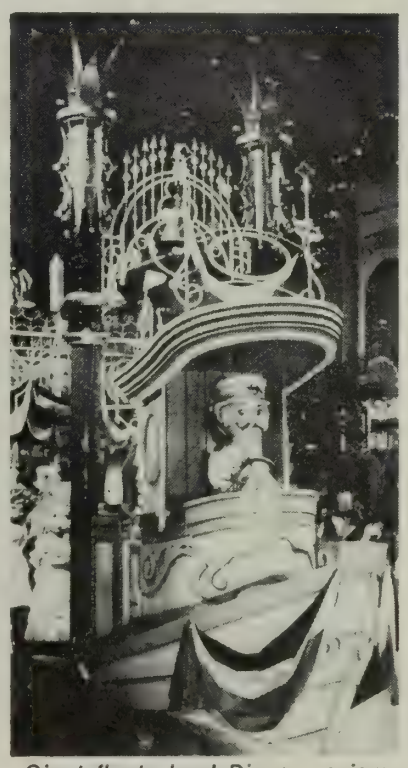
Every day thousands of people wait, pressed along the Main Street parade route in Southern California for the Disney Bicentennial special, "America on Parade," to get under way. A daily event at both California's Disneyland and Florida's Walt Disney World, the parade-pageant, composed of some 50 floats, a cast of 150 eight-foot "People of America" characters, and 4,000 American flags, cheerfully highlights the event-filled history of the United States in a way that gets through to children and is equally engaging to adults.

The floats, broadcasting well-chosen nostalgic music, depict historical and memorable moments. Columbus parades along in the *Santa Maria* as the band organ pipes out "Sailing, Sailing." Indians, pilgrims, and a 20-foot turkey amble to "Over the River and Through the Woods." Invariably drawing special applause are Betsy Ross, stitching the first flag and tapping her foot to "You're a Grand Old Flag"; an elaborate showboat; floats depicting a Sunday in the park and American foods—ice cream, popcorn, and a hot dog with "the works."

High school and college marching bands are special guest participants in parades. They've been invited from every state.

It's estimated that by the time the show ends, 25-million people will have viewed the parade, making it the biggest Bicentennial event of them all.

The parade goes on at 3 p.m. daily, with a second appearance followed by a fabulous patriotic fireworks display at 9 p.m. in holiday periods (Easter time, April 11-24; Memorial weekend, May 29 and 30) and the summer season (mid-June through September 12). General admission plus 15 attraction coupons at Disneyland is $7, $6.50 for ages 12-17, and $6 for those 3-11. For more information, write Disneyland, 1313 Harbor Boulevard, Anaheim, California 92803. ■



*Giant floats lead Disney review*

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# Rustic touches for a contemporary setting

Instead of opting for a standard entryway, this homeowner chose rugged pine beams to contrast with the contemporary lines of his home. Rough-sawn 3x6s, pressure treated to prevent moisture damage, are pinned to the tops of 4x4s running perpendicular to the floor beams. Vertical 6x6s, set in the ground, form a ing wall on each side. Ne doorway, a 2x12 fastene several vertical posts functi a handy bench.

The same casual look over to the custom-made



Landscape Architect: E. W. Malin



Owner: Dr. Richard Lunn



Photographs: Mike Dieter

(middle photo) that serves as an attractive backdrop fo house number and as a tenance-free enclosure fo standard mailbox and news holder. In this case, 6x6 rough-sawn cedar posts stacked vertically in va heights, separated by 3x8 ers that double as shelves.

To welcome nighttime vis a matching light fixture (bo photo) made from a 6x6 cedar post is perched alon the entryway. The socket bulb are nestled discreetly i a 4x4x9-inch compartment tected from the element translucent plastic. Small inch-thick wood retainer attached by screws can be removed at bulb-changing ti


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ou thought you had on
Don't panic. You may
n equally good counterpart
n use in its place. Here's a
examples you'll want to
d post in your pantry.

p sifted cake flour = 1 cup
2 tablespoons all-purpose

up whole milk = ½ cup
ated milk plus ½ cup
= 1 cup reconstituted non-
y milk plus 2½ teaspoons
or margarine.
up sour milk or buttermilk
tablespoon lemon juice or
r plus enough sweet milk
ke 1 cup liquid. (Let mix-
and 5 minutes.)

**tener**

cups granulated sugar =
honey and a reduction by
up of whatever liquid is
for in the recipe.

**ening agents**

easpoon baking powder =
spoon baking soda plus ½
uttermilk or sour milk (to
e ½ cup sweet milk in
).
ake compressed yeast = 1
ge (2 teaspoons) active dry

**kening agents**

ablespoon cornstarch = 2
poons all-purpose flour =
spoons of quick-cooking
a.
hole egg = 2 egg yolks.

**colate**

unce square unsweetened
olate = 3 tablespoons un-
ened cocoa powder plus 1
spoon butter or margarine.

**ato products**

cup tomato juice = ½ cup
to sauce plus ½ cup water.
up catsup or chili sauce = 1
tomato sauce plus ½ cup
and 2 tablespoons vinegar
se in cooked mixtures.)

**sonings**

tablespoon fresh snipped
= 1 teaspoon dried herbs,
ed.
small fresh onion = 1 table-
n instant minced onion, re-
ated.
teaspoon dry mustard = 1
spoon prepared mustard.
clove garlic, crushed = ⅛
oon garlic powder. ■


# The grass that restored the lawns at Independence Hall.



*The lawns at Independence Hall were seeded with Pennfine last spring. After some five million visitors, it's holding up well.*



*Clean-cutting Pennfine* *An ordinary ryegrass*

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**A beautiful lawn should also be a tough lawn.**

For restoration of the historic lawns at Independence Hall, the National Park Service needed a grass with sufficient beauty to grace a national monument. And enough toughness to survive the visitors to that monument.

A year ago, the Park Service people seeded with Pennfine Perennial Ryegrass, both in a mixture and straight. Fine-leafed Pennfine quickly gave them the beautiful stand of grass they wanted. But would it stand up under the heavy tourist traffic?

Well, to date, an estimated five million people have visited the home of the Liberty Bell. And, unaided by any "Keep Off The Grass" signs, Pennfine is holding up very well. There has been some reseeding in areas of especially heavy traffic. Fortunately, because of Pennfine's rapid germination, the damaged turf can be repaired quickly.

Based on the Independence Hall experience, you can surmise that Pennfine is plenty tough enough to take the traffic in your neighborhood. But that's only one reason for using this unique grass.

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Ordinary ryegrasses do not cut cleanly. Even a good lawn mower will leave ragged, stringy ends that quickly turn brown. But Pennfine was bred for soft fibers that take a smooth, clean cut. When the cut is clean, the grass stays green.

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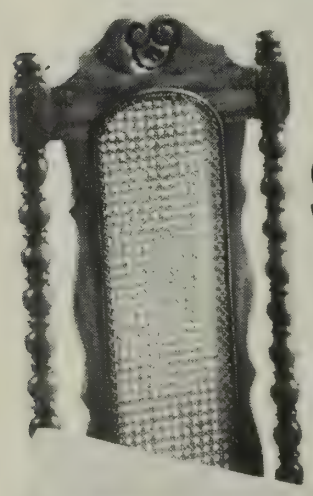
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# Roasting versus braising meats

You've undoubtedly heard and read it many times—roast tender cuts; braise less tender cuts. The guidelines and timetables below will help make this general maxim work for you.

**To roast:** Sprinkle meat with salt and pepper. Place, fat side up, on a rack (or on the meat ribs, if a rib cut) in a shallow roasting pan. Insert a meat thermometer so the bulb is in the center of the largest meat muscle and does not rest in fat or on bone. Roast in a 325° oven (except beef rib eye, 350°; beef tenderloin, 425°). Do not cover, add water, or baste. Remove from the oven when the thermometer reads five to ten degrees lower than desired. Let stand 15 to 20 minutes.

**ROASTING TIME AND TEMPERATURE CHART**

| Meat Cut | Approximate Weight (Pounds) | Internal Temperature (On removal from oven) | Approximate Cooking Time (Total) |
|---|---|---|---|
| **Beef** | | | |
| Rib | 6 to 8 | 140° (rare) | 2½ to 3 hrs. |
| | | 160° (medium) | 3 to 3½ hrs. |
| | | 170° (well) | 3¾ to 4 hrs. |
| Boneless Rib | 5 to 7 | 140° (rare) | 3¼ to 3½ hrs. |
| | | 160° (medium) | 3¾ to 4 hrs. |
| | | 170° (well) | 4½ to 4¾ hrs. |
| Boneless Rump | 4 to 6 | 150° to 170° | 2 to 2½ hrs. |
| Tip | 3½ to 4 | 140° to 170° | 2 to 2¾ hrs. |
| Tenderloin (roast at 425°) | 4 to 6 | 140° (rare) | ¾ to 1 hr. |
| **Veal** | | | |
| Leg | 5 to 8 | 170° | 2¾ to 3¾ hrs. |
| Loin | 4 to 6 | 170° | 2½ to 3 hrs. |
| Boneless Shoulder | 4 to 6 | 170° | 3½ to 3¾ hrs. |
| **Fresh Pork** | | | |
| Loin Center | 3 to 5 | 170° | 2½ to 3 hrs. |
| Loin Blade | 3 to 4 | 170° | 2¼ to 2¾ hrs. |
| Boneless Top Loin | 3 to 4 | 170° | 2½ to 3 hrs. |
| Blade Boston | 4 to 6 | 170° | 3 to 4 hrs. |
| Arm Picnic | 5 to 8 | 170° | 3 to 4 hrs. |
| **Smoked Pork** | | | |
| Ham (cook-before-eating) | | | |
| half | 5 to 7 | 160° | 2½ to 3 hrs. |
| shank or butt | 3 to 4 | 160° | 2 to 2¼ hrs. |
| Ham (fully cooked) | | | |
| half, bone-in | 5 to 7 | 140° | 1¾ to 2¼ hrs |
| half, boneless | 4 to 5 | 140° | 1½ to 2 hrs. |
| Picnic Shoulder (cook-before-eating) | 5 to 8 | 170° | 3 to 4 hrs. |
| **Lamb** | | | |
| Leg, whole | 5 to 7 | 140° (rare) | 1¾ to 2¼ hrs. |
| | | 160° (medium) | 2 to 3 hrs. |
| | | 170° to 180° (well) | 2½ to 3½ hrs. |
| Leg, half | 3 to 4 | 160° (medium) | 1¼ to 1¾ hrs. |
| Square Cut Shoulder | 4 to 6 | 160° (medium) | 1¾ to 2½ hrs. |

**To braise**: Coat the meat with flour, if desired. In a heavy skillet, brown meat slowly in a little hot oil. Pour off excess fat. Season with salt, pepper, and other desired seasonings. Pour a small amount of water or other liquid onto meat; cover tightly. Simmer on top of the range, or cook in a 350° oven.

**BRAISING TIME CHART**

| Meat Cut | Approximate Weight or Thickness | Approximate Cooking Time (Total) |
|---|---|---|
| **Beef** | | |
| Arm or Blade Pot Roast | 3 to 4 lbs. | 2½ to 3½ hrs. |
| Boneless Pot Roast | 3 to 5 lbs. | 3 to 4 hrs. |
| Round Steak | ¾ to 1 inch | 1 to 1¾ hrs. |
| Short Ribs | 4x2x2-inch pieces | 1½ to 2½ hrs. |
| **Veal** | | |
| Boneless Breast | 2 to 3 lbs. | 1½ to 2½ hrs. |
| Riblets | | 2 to 3 hrs. |
| Chops | ½ to ¾ inch | ¾ to 1 hr. |
| Steaks (cutlets) | ½ to ¾ inch | ¾ to 1 hr. |
| **Pork** | | |
| Chops | ¾ to 1½ inches | ¾ to 1 hr. |
| Spareribs | 2 to 3 lbs. | 1½ hrs. |
| Shoulder Steaks | ¾ inch | ¾ to 1 hr. |
| **Lamb** | | |
| Boneless Breast | 1½ to 2 lbs. | 1½ to 2 hrs. |
| Riblets | | 1½ to 2½ hrs. |
| Shanks | ¾ to 1 lb. each | 1 to 1½ hrs. |
| Shoulder Chops | ¾ to 1 inch | ¾ to 1 hr. |

**To cook frozen meats:** Meats cook up just as tender and juicy when started from the frozen state. Roasts need about a third to half again as long for cooking. Steak and chop timings vary.




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# Open up a cramped living area

What can you do if your living room isn't roomy enough, but you can't expand laterally? Consider this option: Raise the ceiling and glass-in an end wall to create the illusion of space. This way, you get the psychological lift of a full-scale addition without adding any space.

The lofty living area pictured below is part of a once all-too-ordinary builder's house that had the usual eight-foot ceilings throughout. The house itself was well laid out, its exterior lines were attractive, and the neighborhood was particularly appealing. But the family that bought the house felt closed in, especially in the relatively dark living room, so they asked an architect for help. He introduced a textured warmth and a sense of spaciousness that the low-ceilinged original lacked.



Photograph: de Gennaro. Architect: Leo Pedersen, A.I.A. Source: Dorothy Campbell

In the 17x25-foot living/dining area, he eliminated the original flat ceiling and opened the wall at the dining end with floor-to-ceiling glass, unveiling a sky-high view of the outdoors. Although the face-lift forced the family to reroute ducts and wiring from the old attic space, they feel the results are well worth the hassle.

Sheathed in rough-sawn plywood installed under the original rafters, the new roof-high ceiling features 4x6 rough-sawn beams, spaced 24 inches on center. The transition from one ceiling height to the other is handled by a plastered soffit that rises from the eight-foot level to meet the beamed ceiling at a right angle, 12 feet above the floor.

Sliding glass doors open onto the side yard from the dining end of the room. The louvered bifold doorway leads to the adjoining family room. ■

*"A budget idea doesn't have to look like one."*

# *Barbara Swain talks about beating the budget blues and fruit cocktail.*



bara Swain. Vivacious, very positive home economist
stresses *creativity*, especially these cost-cautious days.
Says Barbara: "Budgeting should encourage crea-
, rather than hamper it. Think visually . . . even when
re holding costs down. the way food *looks*, as well as
s, can keep your spirits up."
Here then, are four Barbara-approved recipes that
lve around the luscious look and taste of fruit cocktail
leasing to the eye, the palate, and most certainly,
pocketbook.



1.



2.



3.

*oughts from Barbara's notebook:*
it cocktail stuffing? Why not?
a delicious change from
usual holiday stuffing,
l works wonders with
ltry—which, inciden-
, is generally lower
ost than most
er meats. Here's
e of our favorites:

***tive Holiday***
***ffing:***
ain 1 can (30 oz.)
t cocktail. Melt 1/2
utter in skillet, add
c. finely chopped
ery, 1/2 c. finely chopped
on, 2 Tbsp. chopped parsley.
ok until transparent. Pour over 1 pkg.
/2 oz.) prepared stuffing mix and mix well.
d drained fruit. Use to stuff 10 to 12 lb. turkey,
asting chickens or 6 Cornish hens. If you prefer,
ce in 2 qt. casserole and bake in 350° F. (moderate)
n about 30 min. Serve with poultry or meat.

***1. Jeweled Muffins:***
Drain 1 can (17 oz.) fruit cocktail, reserving syrup. If necessary, add water to syrup to make 2/3 c. Sift together 1-3/4 c. flour, 1/3 c. sugar, 2 tsp baking powder, 3/4 tsp. salt and 1/2 tsp. cardamom, allspice or cinnamon Stir syrup into flour mixture along with 2 beaten eggs, 1/4 c. melted butter and 1 Tbsp. grated lemon rind. Mix only until all dry ingredients are moistened. Stir in drained fruit. Fill well greased muffin tins 2/3 full. Bake in preheated 400° F. (hot) oven 20 to 25 min. Turn out and cool on wire rack. 12 (3-inch) muffins.

Hint—To store muffins, wrap in aluminum foil and keep in refrigerator or freezer.

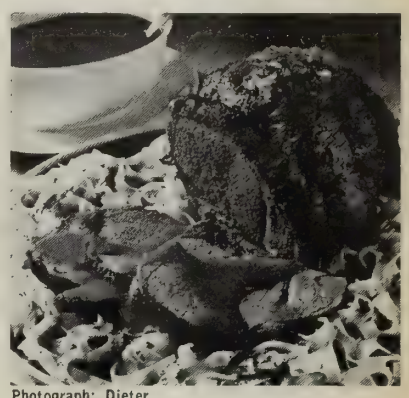
***2. Sparkling Cocktail Grapefruit:***
Drain 1 can (30 oz.) fruit cocktail. Cut 3 grapefruit in halves and loosen sections with sharp knife and spoon 1/4 c. fruit cocktail into center of each half grapefruit. Serve as is or sprinkle with brown sugar, dot with butter and broil until fruit is heated. 6 servings.

***3. Fruit Glazed Cheese Cake:***
Drain 1 can (30 oz.) fruit cocktail, reserving 1/3 c. syrup. Prepare packaged cheese cake mix according to directions, folding in 1 c. drained fruit. Chill thoroughly. Place reserved syrup in saucepan with 1 Tbsp. cornstarch and 1 Tbsp. red cinnamon candies. Bring to boil stirring constantly until candies are dissolved, add remaining fruit cocktail and remove from heat. Spoon cooled glazed fruit on top of chilled cheese cake. Refrigerate cake until serving time. 8 to 10 servings.

## Affordable roast beef dinner

Want to treat dinner guests to beef without putting too much strain on the purse strings? Then take a look at this recipe and accompanying menu. It will help you transform rump roast, a less expensive beef cut, into extra-special dining fare.

**MENU**
**Lentil Soup**
**Rump Roast, Sauerbraten Style**
**Red Cabbage Wedges**
**Molded Apple Salad**
**Rye Rolls** **Butter**
**Baked Caramel Custard**
**Beer** **Coffee**



Photograph: Dieter

**RUMP ROAST, SAUERBRATEN STYLE**

*Any leftover meat can be sliced and reheated with the gravy for an easy-do supper sandwich—*

**3- to 4-pound beef rump roast**
**2 tablespoons cooking oil**
**2 teaspoons salt**
**¼ teaspoon pepper**
**½ cup grape jelly**
**3 medium onions, sliced**
**½ cup vinegar**
**⅓ cup water**
**1 teaspoon kitchen bouquet**
**½ teaspoon ground ginger**
**2 bay leaves**
**⅓ cup all-purpose flour**
**Hot buttered noodles**
**Poppy seed**

In Dutch oven, brown meat in cooking oil. Remove from heat; season with the salt and pepper. Spread jelly over meat; top with onion. Combine vinegar, water, kitchen bouquet, ginger, and bay leaves; pour over meat. Cover and cook over low heat 3 to 3½ hours, basting occasionally. Remove meat to warm platter; keep warm. Discard bay leaves. Pour pan juices into large measuring cup; skim fat, reserving ⅓ cup fat. Add enough water to juices and onion to make 3 cups. Return reserved fat to pan; stir in flour. Add pan juices. Cook and stir till thickened and bubbly; cook and stir an additional 3 to 4 minutes. Season to taste with salt and pepper. Serve with hot buttered noodles tossed with some poppy seed. Pass gravy. Makes 10 to 12 servings. ■

## Accent lighting

One of the easiest and most effective devices for decorating your home is accent lighting—lamps that highlight room accessories or furniture.

The accent light (right), for example, creates a pleasant, low-keyed atmosphere around a living room seating area. Soft, indirect lighting helps accentuate the textured sofa and redwood walls. The highlighting effect is produced by a 1x12-inch by 6-foot valance that directs the light against



Architect: Tivadar Balogh, A.I.A. Source

the wall. And to give the owners a wide range of lig tensities—each creating slightly different effect six incandescent bulbs o accent lamp are "gang w together and connected dimmer switch. Wiring fo lamp is hidden behind o the wall's 1x6-inch red boards.

A pleasant extra is the inch-wide acrylic plastic which sits behind the valan serve as a display platform room accessories.



Architect: Dedrich Rixmann, A.I.A. Source: L

Accent lights are also use "spill" light over a small a The 12-foot ceiling lamp ab bathes the hallway in a shadowless light. Here agai dimmer switch permits a variety of lighting effects.

The two four-foot fluores lights of the ceiling lamp supported atop a hollow w en plank. Strips of decor molding are glued to the tom of the plank.

When planning your ac lighting, keep in mind that choice of light sources gre affects the color of your furn ings. Incandescent lights be clear, white or pastel, each will produce an enti different effect on your c scheme. Fluorescent lights usually "hotter" or whiter t incandescent bulbs, so will give you a more natu daytime type of lighting.


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By Nancy Hopkins



# How to handle a big party

Whether it's a bridal shower, open house, or a klatch of kinfolk, a get-together of 25 people can be fun for the host and hostess as well as for the 23 others. All it takes is some planning, organization, and avoiding a sit-down dinner.



**Tips for a successful gathering:**

- Keep the refreshments simple and rely on make-aheads. Choose foods that look good, taste good, and can be eaten with one hand.
- Write a menu and put yourself on a schedule. Include a list of non-food items—serving dishes, warming trays, napkins, plates, coasters, and ashtrays.
- Borrow or rent glasses, cups, chairs, or a large coffeepot.
- Serve wine or a wine punch instead of cocktails to free you from the bar and to help the budget, too.
- Set up one or two snacking tables in easily accessible areas.
- Keep a record of menus and shopping lists for your next party.

Here is a suggested menu of easy-to-fix foods—

**CHICKEN NUT BITES**
**HOT CRAB PIROSHKI**
**ASSORTED CHEESES, CRACKERS, AND NUTS**
**LEMON ROUNDS**
**RAINBOW SLICES**
**FRUITED CHAMPAGNE PUNCH**

### CHICKEN NUT BITES

**1 cup chicken broth**
**½ cup butter or margarine**
**1 cup all-purpose flour**
**1 tablespoon snipped parsley**
**2 teaspoons seasoned salt**
**2 teaspoons worcestershire sauce**
**¾ teaspoon celery seed**
**½ teaspoon paprika**
**⅛ teaspoon cayenne**
**4 eggs**
**1 5-ounce can boned chicken, drained and chopped**
**¼ cup chopped toasted almonds**

In saucepan, combine chicken broth, and butter or margarine; bring to boiling. Stir in flour, parsley, seasoned salt, worcestershire, celery seed, paprika, and cayenne. Cook, beating rapidly, till mixture leaves sides of pan and forms a smooth, compact ball. Remove from heat. Add eggs, one at a time, beating well after each addition till mixture is shiny. Stir in chicken and almonds. Drop by rounded teaspoons onto ungreased baking sheets. Bake in 400° oven for 15 to 18 minutes or till browned. Serve hot. Makes 75 puffs.

### HOT CRAB PIROSHKI

**Piecrust mix for 2-crust pie**
**½ cup dairy sour cream**
**1 7½-ounce can crab, drained, flaked, and cartilage removed**
**½ cup dairy sour cream**
**¼ cup chopped green onion**
**1 hard-cooked egg, finely chopped**
**¼ teaspoon bottled hot pepper sauce**

Prepare piecrust mix according to package directions, substituting the first ½ cup sour cream for the water called for; set aside. Combine crab, the remaining sour cream, the onion, egg, and hot pepper sauce. Divide pastry in half. Roll *half* to ⅛-inch thickness. With floured 2½-inch round cutter, cut in circles. Place about 1 teaspoon filling on half of each circle; moisten edges and fold pastry over filling. Press edges together with fork. Repeat with remaining pastry and filling. Freeze, if desired. Before serving, place piroshki on baking sheet; brush with a little milk. Bake in 450° oven for 12 to 15 minutes or till golden (if frozen, add a couple of minutes to baking time). Serve hot. Makes 3½ dozen.

### LEMON ROUNDS

**1 cup butter or margarine**
**½ cup sifted powdered sugar**
**1 teaspoon vanilla**
**½ teaspoon grated lemon peel**
**1 tablespoon lemon juice**
**2½ cups all-purpose flour**
**½ cup finely chopped pecans**

Beat together butter or margarine, sugar, and vanilla. Add lemon peel and juice. Stir in flour, mixing well. Shape in balls, using 1 rounded teaspoon of dough for each; dip one side in chopped nuts. Place nut side up, on ungreased cookie sheet. Flatten with bottom of glass. Bake in 350° oven for 22 to 25 minutes. Cool; drizzle with *Lemon Glaze:* Combine *1 cup sifted powdered sugar* and *3 to 4 teaspoons lemon juice* to make of drizzling consistency. Makes 3½ dozen cookies.

Photographs: Dieter



### RAINBOW SLICES

**½ cup semisweet chocolate pieces**
**1 beaten egg**
**½ cup sifted powdered sugar**
**3 cups colored tiny marshmallows**
**½ cup coarsely chopped walnuts**
**1 cup flaked coconut**

Melt chocolate pieces over low heat. Cool 5 minutes. Blend in egg and sugar. Stir in marshmallows and nuts till coated. On waxed paper, shape mixture in a 15-inch log. On a second piece of waxed paper, spread coconut in a 16x8-inch rectangle. Transfer log onto coconut; roll to coat completely. Chill several hours or overnight. Cut in ¼-inch slices. Makes 5 dozen.

### FRUITED CHAMPAGNE PUNCH

*Mix the fruit juices early to chill thoroughly, then add champagne before serving—*

**1 46-ounce can unsweetened pineapple juice**
**2 12-ounce cans frozen lemonade concentrate**
**2 6-ounce cans frozen pineapple-orange concentrate, thawed**
**2 quarts water**
**3 fifths (12¾ cups) champagne, chilled**

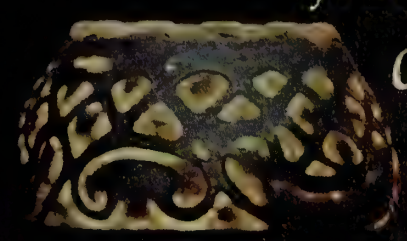
Stir pineapple juice into concentrates. Add 2 quarts water; mix well. Chill. To serve: Slowly pour in champagne. Garnish with thin slices of oranges, lemons, and limes. Makes 28 cups.

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# CUPBOARD CASSEROLES

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**SALMON-POTATO SCALLOP**

**1 13-ounce can (1⅔ cups) evaporated milk**

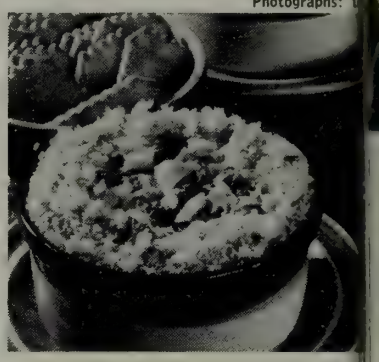


**1½ cups soft bread crumbs (2 slices bread)**
**2 tablespoons chopped pimie**
**1 teaspoon instant minced on**
**½ teaspoon salt**
**1 16-ounce can salmon, drain boned, and flaked**
**1 5½- or 5⅝-ounce package dry scalloped potatoes with sauce mix**
**2½ cups water**
**¼ cup sliced pitted ripe olives**
**2 teaspoons prepared mustar**

In bowl, combine ⅔ cup the evaporated milk, the b crumbs, pimiento, onion, salt. Let stand 5 minutes. salmon and mix thoroughly. mixture evenly into bottom greased 10x6x2-inch baking d

In saucepan, combine potatoes from the mix, the wa and the remaining evapora milk; heat to boiling. Stir in sa mix from potato package, oli and mustard. Pour over salm layer. Cover with foil. Bake 350° oven for 40 minutes; cover and bake 10 to 15 min more. Makes 6 servings.

Photographs:

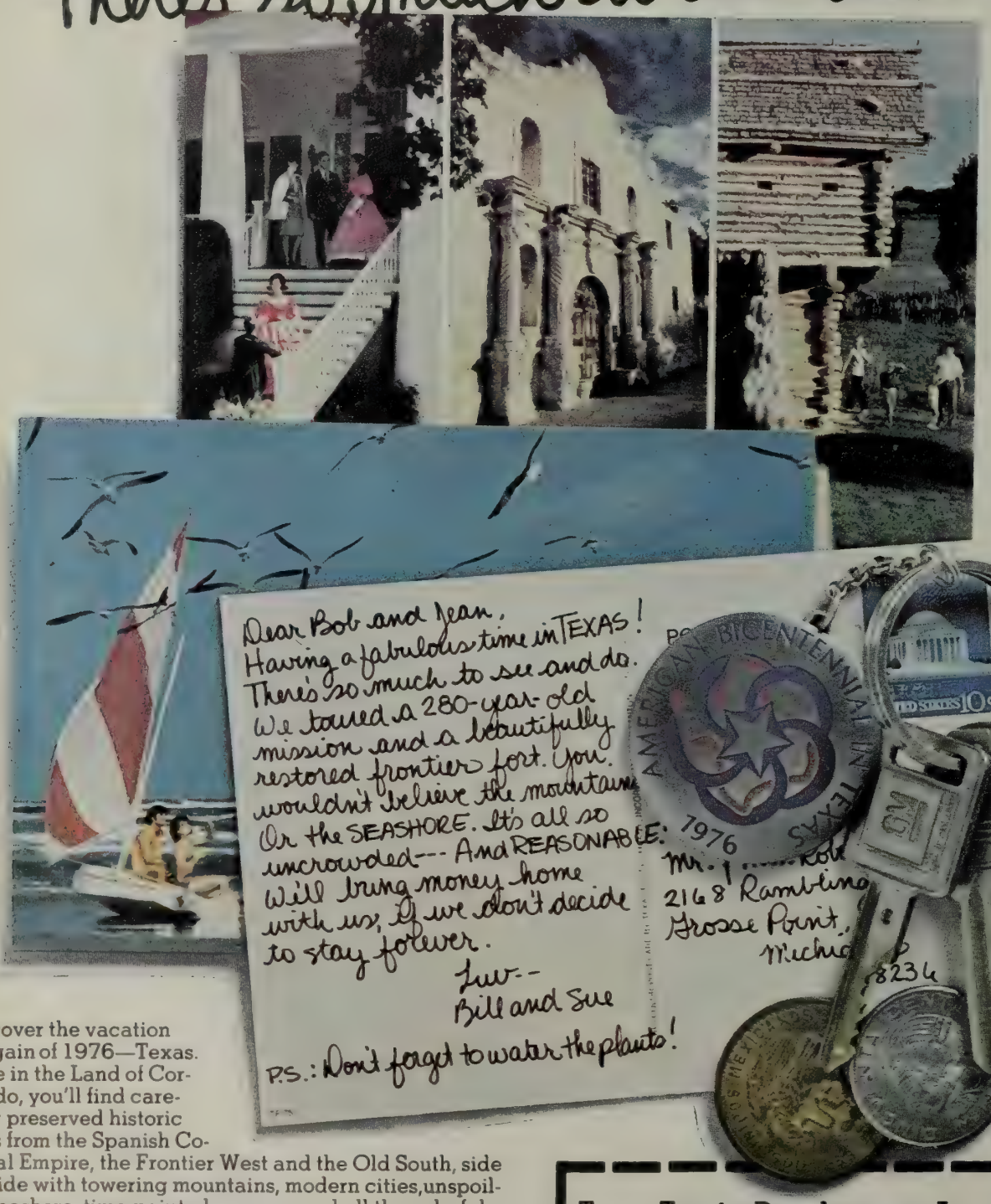


**SPINACH STROGANOFF**

*Cut up large spinach leaves—*

**1 can condensed cream of mushroom soup**
**2 4¾- or 5-ounce cans chicken spread**
**1 8-ounce can (1 cup) imitation sour cream**
**1 15-ounce can chopped spina drained**
**3 hard-cooked eggs, chopped**
**1½ cups soft bread crumbs**
**2 tablespoons butter or margarine, melted**

Combine soup, chicken spre and imitation sour cream well-blended. Add spinach a eggs. Pour into six 1-cup c seroles. Bake in 350° oven 25 minutes. Combine crumbs a butter or margarine. Sprin crumbs around edges of cas roles. Bake 5 minutes mo Makes 6 servings. ■


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**from Better Homes and Gardens**



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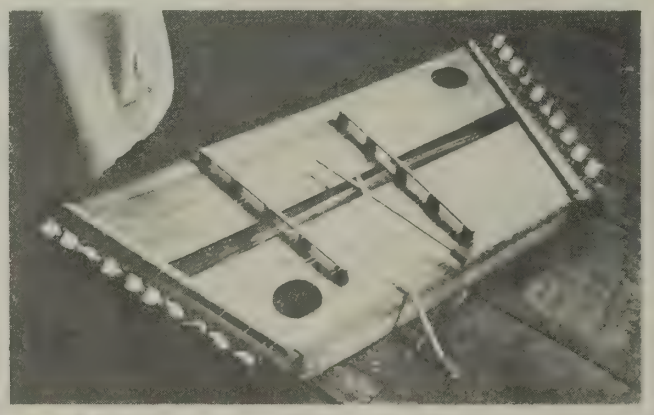
**Prices:** No. 00511 Patchwork Pillow $11.99 plus $1.35 postage and handling; 2 for $22.98 plus $1.70 postage and handling. No. 13172 14″ x 14″ Pillow Form $2.59 plus $.60 postage and handling; 2 for $4.68 plus $.60 postage and handling.

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# MUSICAL SHOWPIECES YOU CAN HANDCRAFT

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**Hammered Dulcimer** Bring back the lilt of yesterday's melodies—and memories—by making a beautiful musical display for your home. In medieval times, tunes were played on the hammered dulcimer, an ancient, piano-like instrument with an Eastern heritage. This wooden instrument has two bridges, a compass of two to three octaves, and is played by being struck with two hammers. The dulcimer kit includes precut wooden pieces, glue, sandpaper, strings, step-by-step illustrated instructions, and finishing information.

**Sitar** Playing the sitar, as it was developed in 13th century India was a very complicated task. We have simplified the classical sitar, yet maintained its distinctive appearance. It's fluted oval body and long graceful neck make it an attractive wooden instrument to display, to strum upon, and to enjoy. Kit includes precut wooden pieces, strings, glue, step-by-step illustrated instructions, and finishing information.

## HOW TO ORDER

*Prices:* **No. 11034 Hammered Dulcimer $33.98 plus $2.00 postage and handling for each kit ordered.**

**No. 11032 Sitar $29.95 plus $2.00 postage and handling for each kit ordered.**

1. Specify item(s) desired.
2. Send name, address, order, and remittance to:
   **Better Homes and Garden,** Dept. 2DW
   Box 374, Des Moines, Iowa 50336
3. Please include applicable sales tax.

If you wish to use your credit card, be sure to give the interbank number, your credit card number and expiration date.

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# A SOFA TO BUILD INTO ANY NICHE

Chances are you could use some extra seating, whether to catch the overflow from a party in the living area or as a curl-up-and-read spot in the bedroom. Here's a neat built-in you can fit into almost any size niche.



This space in a small den once went a-wasting; now it pays off with comfort and bonus storage. There was even space enough for a ceiling-high bookcase at each end. And the depth of the sofa accommodates large comfortable bolsters as well as a collection of smaller pillows.



Photographs: Bill Helms. Interior Designer: Renee Soffer, A.S.I.D. Source: Bonnie Maharam

The bonus space below can store blankets—or a multitude of things that are used only once in a while. Just raise the seat a few inches for access.

Anyone who's halfway handy can build a unit like this. Build a four-sided box of 1x10s (the front here is walnut) for the base. Then simply hinge a plywood slab to the base for the cushion support. Choose a foam pad at least five inches thick and attach it to the plywood with the covering fabric. Here the cover for the cushion and bolsters is easy-care vinyl. ■

# emodeling ossary

you're planning on having fessional handle your next home remodeling (or even decide to do it yourself), are some building terms which you should be famil- ere are some definitions to ake the mystery out of con- rs' jargon:

**ron:** trim piece on wall un- rojecting interior window parallel to floor.

**ick mold:** commonly used or windows and doors.

**asing:** interior trim at top ides of windows and doors.

**ipple stud:** short stud be- header and top plate and en soleplate and framing a window.

**ashing:** material used to ap (and protect from water) nction where two surfaces at an angle, as where the butts against the chimney.

**rring:** framework between ng wall and inner (new) ceiling, or floor.

**eader:** framing member bridges top of window or opening to support the load above.

**amb:** wooden frame abutt- vindow sash or door at top sides—head jamb and side respectively.

**oist:** heavy horizontal fram- nember placed on edge (us- every 16 inches) to support s and ceilings.

**late:** horizontal, flat framing ber in stud walls. Top plate: p of studs, usually doubled extra strength; soleplate: s as base for stud wall.

**after:** supporting roof mem- usually extending from ridge aves. Valley rafter: forms y between two roof surfaces; rafter: short rafter tying into ngle of a hip roof.

**idge:** top horizontal mem- of a roof to which upper ends afters are nailed; also called board or ridgepole.

**heathing:** subsurface on ex- r of walls and the roof.

**hoe molding:** molding at tion of wall and floor; used y or attached at bottom of molding.

**ill:** horizontal member form- the bottom of a window or rior door frame.

**tool:** horizontal interior piece nailed flat to top of windowsill; butts against the om sash.

**top:** strip against which door es or window sash slides.

**tud:** main vertical wall nber, usually a 2x4.


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● **Subflooring:** rough wood flooring nailed to floor joists; finished flooring is installed over the subflooring.

● **Threshold:** also called a "saddle," used to fill gap between bottom of exterior door and doorsill; sometimes fitted with vinyl weather strip on top surface.

● **Trimmer:** structural member (usually a wall stud) that supports the end of a header.

● **Underlayment:** second layer of subflooring needed for certain types of finished floors such as carpeting and quarry tile; also used to cover existing finished floor in poor condition. ■

# How to have identical twins.



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For each load be *sure* to use **1.** the same amount of dye; **2.** the same amount of fabric; **3.** the same *color* fabric; **4.** the same amount of hot water; **5.** at the same temperature; **6.** for the same length of time.

If there's a chance that you'll run out of really hot water after the first load, wait awhile to do your next load. It's important, because fabric that's dyed with cooler water will be a little lighter in color.




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# Buying guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

**GIVE NEW LIFE TO YOUR CAR'S UPHOLSTERY**

**Page 2:** Air-dry liquid vinyl—Vinyl-Fix by Classic Products, Inc., 1101 Ave. G, Arlington, Tex. 76011. Heat-cure liquid vinyl—GT Vinyl Repair Kit by GT Products, Inc., 6156 Mission Gorge Road, San Diego, Calif. 92120.

**WELL-STACKED CENTERPIECES**

**Page 30:** (top right): "Plum Blossoms" plate and "Espresso Brown" goblet—Lenox, Inc., Prince & Meade Sts., Trenton, N.J. 08605. "Centennial" forks—International Silver Co., 500 So. Broad St., Meriden, Ct. 06450. Stacked wine glasses—J. G. Durand International, Millville, N.J. 08332. (Left): Small and large stacker sets—Corning Glass Works, Corning, N.Y. 14830. "Fire Flower" Temper-ware by Lenox (address above). "Hacienda" stainless flatware—Gorham, 333 Adelaide Ave., Providence, R.I. 02907. (Bottom right): "Colonial Times" plate—Noritake Co., Inc., 41 Madison Ave., N.Y., N.Y. 10010. "Jefferson" pewter flatware—Lunt Silversmiths, Greenfield, Mass. 01301. "Antique" goblet—Lenox, Inc. (address above). "Primary" plates and bowls for candleholder and flower container—Noritake Co., Inc. (address above).

**COOKING WITH CURRY**

**Page 44** (left): Cake dish "Pyrex"—Corning Glass Works, Corning, N.Y. 14830. (Right): Salad plates "Staccato"—Lenox, Inc., Prince & Meade, Trenton, N.J. 08605. Fork "Duo"—Rosenthal U.S.A., Ltd., 411 E. 76th St., N.Y., N.Y. 10021.

**Page 45:** Glasses "Vogue"—Fostoria Glass Co., 1200 First St., Moundsville, W. Va. 26041.

**HE COOKS—BEEF POLENTA PIE**

**Page 47:** (left): Pie plate—Pyrex, Corning Glass Works, Corning, N.Y. 14830. Plate "San Surf"—H. Wittur & Co., 1024-1026 Emerson St., Evanston, Ill. 60204.

**MICROWAVE COOKING**

**Page 50:** Soufflé dishes—Bennington Pottery, 324 County St., Bennington, Vt. 05201. Luncheon plates—Taylor Smith Company, P.O. Box 1028, East Liverpool, O. 43920. Wood-handled spoons—Ceramar, Inc., 225 Fifth Ave., N.Y., N.Y. 10010.

**Page 51** (top): Oval platter—Ceramar, (address above). White salt and pepper set—Noritake Co., Inc. 41 Madison Ave., N.Y., N.Y. 10010.

**A SMALL HOUSE THAT SCORES BIG**

**Page 52-55:** All furniture—J. C. Penney Co., 1301 Ave. of Americas, N.Y., N.Y. 10019. Design Sponsor—American Wood Council, Spartanburg, S.C. 29301.

**REMODELING: LOW-COST KITCHEN AND BATHROOM IDEAS**

**Page 58:** Lavatory—Eljer Plumbingware Div., Wallace-Murray Corp., 3 Gateway Center, Pittsburgh, Pa. 15222. Tub surround kit—Marlite, Div. of Masonite Corp., Dover, Ohio 44622.

**Page 60:** Ceramic tile—American Olean Tile Co., 1353 Cannon Ave., Lansdale, Pa. 19446. Light fixture—Thomas Ind., Inc., Thomas Lighting Div., 207 E. Broadway, Louisville, Ky. 40202.

**CORRIDOR KITCHEN**

**Page 72:** Light over table—Prescolight Mfg. Corp., 1251 Doolittle, San Leandro, Calif. 94577. Floor quarry tile—Summitville Tiles, Inc., Summitville, O. 43962. Chairs—Knoll International, 320 Park Ave., N.Y. 10017. Wall ovens and refrigerator—Hotpoint, Div. of GE, Appliance Park, Louisville, Ky. 40225. Dishwasher—KitchenAid, Hobart Mfg. Co., Troy, O. 45374.

**WHAT MAKES A GOOD ROOM GOOD**

**Page 74:** Sofa—Cal Mode Furniture Mfg., 9909 W. Jefferson Blvd., Culver City, Calif. 90230. Chair—International Imports, Inc., 1933 S. Broadway, Los Angeles, Calif. 90007. Carpet—Fielderest Mills, Eden N.C. 27288. Parsons table—Thayer Coggin, Inc., South Rd., High Point, N.C. 27262. Corner table—Sieberts-Cox & L'Herisson Inc., 101 Kansas St., San Francisco, Calif. 94103.

**Page 75** (top): Seating group—Contempo Concepts, 511 E. 72nd, N.Y., N.Y. 10021. Fabric on seating group—Robert Allen Fabrics, 25 Wells Ave., Newton, Mass. 02159. Rug—Customills, 919 Third Ave., N.Y., N.Y. 10022. Table and storage system—designed by Don Bailey, Jesse Benesch & Associates, 6245 Falls Rd., Baltimore, Md. 21209. (Bottom): Sofa and wing chair—Republic Furniture Co., 8619 Crocker St., Los Angeles, Calif. 90003. Sofa and chair fabric—F. Schumacher & Co., 939 Third Ave., N.Y., N.Y. 10022. Floor lamp—Todesca-Wilhoit, 626 N. Robertson Blvd., Los Angeles, Calif. 90069. Rug—Rosecore Carpet Co., Inc., 939 Third Ave., N.Y., N.Y. 10022. Chair—The Queen's Head, 6320 Commodore Sloat Dr., Los Angeles, Calif. 90048.

**Page 76** (top): Coffee table—Bauman/Weitz Inc., 12840 Bradley Ave., Sylmar, Calif. 91342. (Bottom): Wallpaper—Plaids & Stripes, 58 W. 15th St., N.Y., N.Y. 10011. Area rug—Carousel Carpet Mills Inc., One Carousel Lane, Ukiah, Calif. 95842. Basket—Cost Plus Imports, 2552 Taylor St., San Francisco, Calif. 94133. Bedspread, flounce, pillows, draperies—Waverly Decorative Fabrics, Div. of F. Schumacher & Co., 58 W. 40th St., N.Y., N.Y. 10018.

**Page 77:** Sofas and tables—Knoll Associates, Inc., 745 Fifth Ave., N.Y., N.Y. 10022. Stool and wicker chair—Herman Miller Inc., 140 McKinley St., Zeeland, Mich. 49464. Sofa fabric—Henry Calvin Fabrics, 724 Battery St., San Francisco, Calif. 94111. Floor lamp—Koch & Lowy Inc., 21-24 39th Ave., N.Y., N.Y. 11101. Window shades—ESI, 3402 McFarland, Dallas, Tex. 75205. Pillow fabric—F. Schumacher & Co. (address above). Hanging planters—Naturalite, Inc., 3233 W. Kingsley Rd., Garland, Tex. 75041. In sitting room: Sofa—Pacific Furniture Mfg. Co., 1965 E. Vista Bella Way, Compton, Calif. 90220. Sofa fabric—Stroheim & Romann, 155 E. 56th St., N.Y., N.Y. 10022. Wall fabric—Drapery Modes Inc., 227 E. 56th St., N.Y., N.Y. 10022. Wall lamps—Nessen Lamps, Inc. 3200 Jerome Ave., Bronx, N.Y. 10468.

**Page 78:** Storage unit—Interlubke, distributed by ICF, 145 E. 57th St., N.Y., N.Y. 10022. Sofa bed and cabinet—Erwin-Lambeth, Inc., 201 E. Holly Hill Rd., Thomasville, N.C. 27460. Sofa fabric—Henry Calvin Fabrics (address above). Wall lamps—Nessen Lamps, Inc. (address above). Desk chair and chrome armchairs—Knoll Associates, Inc. (address above). Carpet—Magee Carpet Co., 919 Third Ave., N.Y., N.Y. 10022. Arm and desk chair fabric and curtains—Design-Tex Fabrics, 147 N. Robertson Blvd., Los Angeles, Calif. 90048. Chair and ottoman fabric "Beggerman Fabrics"—Leonardo Looms, 171 Keen St., Paterson, N.J. 07524. Floor lamp—Execulamp, P.O. Box 1287, San Rafael, Calif. 94902. Lucite cube—Acrylic Image, 2706 W. Wall, Midland, Tex. 79701.

**Page 79:** (top). Wallpaper and fabric—Brunschwig & Fils, Inc., 410 E. 62nd St., N.Y., N.Y. 10021. Floor tile—Kentile, Inc., 58 Second Ave., Brooklyn, N.Y. 11215.

**BUSY-DAYS COOKING: 16 DINNER IDEAS**

**Page 86** (left). Plate "Ranchero"—The Taylor, Smith, & Taylor Company, P.O. Box 1028, East Liverpool, O. 43920. (Right): Brown rimmed plate—Lipper International, Inc., 225 Fifth Ave., N.Y., N.Y. 10010.

**Page 87** (top): Oval plate "Arabia"—Frederik Lunning, 225 Fifth Ave., N.Y., N.Y. 10010. (Bottom): Oval plate—Block China Company, 25 East 26th Street, N.Y., N.Y. 10010. Bowl—Josiah Wedgewood & Sons, Inc., 555 Madison Ave., N.Y., N.Y. 10022.

**Page 88** (left): Black and gold plate "Ranchero"—Taylor, Smith, & Taylor (address above). (Right): Pie plate—Corning Glass Works, Consumer Products Div., Corning, N.Y. 14830.

**Page 89** (bottom right): Gold platter—H. Wittur & Co., 1024-1026 Emerson St., Evanston, Ill. 60204.

**Page 91** (right): Rectangular gold platter—W. Wittur & Co. (address above).

**PRIZE TESTED RECIPES**

**Page 99** (left) Casserole dish—Copco, Inc., 230 Fifth Ave., N.Y., N.Y. 10001. Dishes—Gorham, Div. of Textron, 333 Adelaide Ave., Providence, R.I. 02907. (Right): Small plate—Royal Copenhagen Porcelain Corp., 8 Westchester Plaza, Elmsford, N.Y. 10523. Glass—Libbey Glass Company, Div. of Owens-Illinois Glass Company, Owens-Illinois Building, P.O. Box 919, Toledo, O. 43693.

**Page 100** (top right): Plate "Blue Umber"—Dansk Designs, Inc., Radio Circle Road, Mt. Kisco, N.Y. 10549. (Bottom right): Plate and bowl "Antique Green"—Franciscan Table Top Fashions, Interpace Corporation, 2901 Los Feliz Blvd., Los Angeles, Calif. 90039.

**THE ACCOMMODATING AVOCADO**

**Page 106** (top): Platter and sauceboat—Gense Import Ltd., 252 Livingston St., Northwale, N.J. 07647. (Bottom): Plate—Rosenthal Studio Haus, 548 Fifth Ave., N.Y., N.Y. 10036.

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# How to tell if your dog is sick enough to need a veterinarian

Playing doctor when your dog is ill is a dangerous game. Usually, diagnosing your pet's ailment and prescribing treatment are best left to your veterinarian. However, there is a way you can help the doctor help your dog. That's by recognizing changes in behavior that signal illness.

## Change in appetite

An increasing appetite is normal for a young, growing dog or for a mature dog exercising more than usual, or for a female dog expecting puppies or nursing a litter. But if your dog seems to be eating more for no apparent reason—and without gaining weight—tell your veterinarian about it. The causes could be many, from worms to sugar diabetes.

Lack of appetite is one of the first signs of an impending illness and calls for immediate veterinary consultation. Internal parasites or an intestinal disorder may make your dog uninterested in food. Infectious diseases will also kill his appetite, and a broken tooth or sore gums may make even the hungriest dog shun the dinner dish.

If your pet develops a taste for dirt, wood, manure, or anything else that would seem unpalatable, the problem may be a vitamin or mineral deficiency. Only a thorough veterinary examination can tell.

## Breathing difficulty

If your dog gasps for breath after a short run or pants when you know he's not hot or tired, prompt veterinary attention is in order. Your dog might have foreign material in the lungs caused by an allergy or infectious disease, or be suffering from a physical injury such as a hernia or broken rib. Sometimes heart-

Most dogs are too fat because they eat too much—and that's because they're fed too much. A fat pet has a short life expectancy; is more prone to heart, respiratory, and kidney problems; and suffers more pain from arthritis and congenital defects. If your pet is gaining weight, show him how much you love him by decreasing his food ration—while increasing his portion of family affection.

continued


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"This dog food isn't *canned*," explained Marion (left).

"Absolutely not," explained Ida (right).

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"My dog gets even more indignant than hers," Ida explained.

**But Gaines·burgers® *are* meaty, we pointed out. And moist. And they taste terrific.**

"Well, they aren't canned," Marion explained.

"Definitely not. My dog won't eat them," Ida explained.

**At which point we fed the dogs the Gaines·burgers. The dogs ate them. The dogs *demolished* them.**

"I see your dog is eating them, Marion," Ida said.

"*My* dog? What about *your* dog?" Marion said.




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**PEACH WHIZ**

1 (18½ ounce) cake mix (spice, yellow or white)
1 pint (16 ounces) peach slices, drained —reserve 1 cup syrup from peaches
1 (3 ounce) jar maraschino cherries, drained
3 tsp. cornstarch
1½ tsp. lemon juice
⅛ tsp. ground cinnamon
dash nutmeg
¾ tsp. almond extract

**Procedure:**
1. Prepare cake mix as directed on package. Bake cake mix in a 13" x 9" or two 8" round prepared cake pans.
2. Mix cornstarch with a small amount of peach syrup to avoid lumping. Gradually add remaining syrup, lemon juice and cinnamon in a saucepan.
3. Stir mixture and boil until it thickens.
4. Cool syrup slightly, add almond extract and nutmeg.
5. Arrange peach slices and maraschino cherries in an attractive pattern on top of the cake.
6. Prick cake surface with a fork (approximately 6 areas).
7. Pour thickened syrup over the top of the cake.
8. Place cake in broiler for about 3 minutes or until the surface is bubbly and golden brown. DO NOT LEAVE CAKE IN THE BROILER.
9. Yield—approximately 12 three-inch pieces.

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continued

# Pet health

worms, severe anemia, poisoning, or high fever creates a demand for more air and makes it difficult for the dog to get enough. Don't wait for your pet to get better; get him to the veterinarian as soon as possible.

## Coughing

A cough is nature's way of clearing the respiratory passages of objects or fluids that block the movement of air. The obstruction may be caused by a local inflammation in the throat, or an infection deep in the lungs. House dust can cause coughing. So can heartworm infestation. Even if your dog seems otherwise healthy, take him to the veterinarian if the cough persists more than two days.

## Bad breath

If your dog seems to have clean teeth and healthy gums, but his breath is offensive, visit your veterinarian. Very often the odor originated somewhere far from the dog's mouth and has been transported to his lungs in his bloodstream. The problem could be simple indigestion. But it might also be a metabolic disorder or systemic infection.

## Abdominal swelling

This is primarily a problem of the very young and the very old dog. Worms will give a puppy a potbelly. So will severe constipation. An older dog with a heart or liver disorder tends to retain fluids, and this leads to a distended abdomen. A female dog may be about to present a surprise to the family, or she may be suffering from a uterine disorder. Anytime your dog seems to be getting plumper—and you're certain the family hasn't been sneaking him treats—take him in for a checkup.

## Diarrhea

Diarrhea is so common and can be caused by so many minor things (such as a change in diet, or emotional stress triggered by a new dog next door) that many pet owners take it lightly. Yet diarrhea can be a symptom of internal infection, parasites, or poisoning. Whatever the cause, persistent diarrhea can be debilitating. If your dog has had loose stools for more than a day, talk to your veterinarian. Don't try to treat the condition with over-the-counter medication intended for people. Remember, diarrhea is a symptom that something is wrong.

## Vomiting

Since a dog can vomit voluntarily, many pet owners treat their nauseated pet as if he had forgotten his basic house-training. Unpleasant as the act is, remember that your pet's body is rejecting food for a reason. Maybe the food is spoiled. But if it isn't, and you haven't changed your pet's diet or routine, you might suspect a digestive problem, or even an obstruction. If vomiting persists, take your pet to the veterinarian for a complete examination.

## Fever

While an increased body temperature can result from many things (even fright or general nervousness), most frequently the cause is infection. A wet, dry nose is *not* an accurate indication that your dog has a fever—unless your dog usually has a cold, wet nose. Taking his temperature is the only way of knowing for sure. Normal is about 101 to 102.5 degrees F.

Well-meaning friends may tell you that you can reduce the fever with aspirin, but for a dog this is treating the symptom and not the cause. Give the veterinarian an opportunity to find out what might be causing the fever.

## Scooting

If your dog occasionally drags his rear across the floor, don't automatically pick up a package of worming medication at the grocery store—it probably won't solve the problem. Your dog is trying to release excess pressure in his anal glands. To relieve his discomfort, take him to the veterinarian. He can evacuate the contents of the glands quickly in his examining room. But if you let the problem go too long, the anal glands may abscess and this calls for surgical treatment.

## Convulsions

Convulsions are seizures—sometimes violent, always uncontrollable muscular contractions. Infectious diseases such as distemper can trigger convulsions. So can brain injuries and epilepsy. But ear infections, severe skin inflammation, and poisoning very often produce similar symptoms. Only a thorough veterinary examination with x-ray and laboratory tests can determine the real cause. ■

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For example, you'll find the weathered wood look in the Weldwood hardboard siding called Sundance.™ Oldbridge® plywood siding gives you the rugged hand-wrought craftsmanship look. With Planktex® plywood siding, you get the distinctive markings of a circular saw. And Yorktown™ hardboard lap siding combines the authentic drip-edge found in old Colonial homes with a handsome wood-grain texture.

Whether you're building a new home, or want a new look for your home, Weldwood sidings are easy to install.

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# Remodeling? Free window idea booklet shows what you can do




Full of interesting examples of remodeling projects — from the simple installation of a bay window to the addition of an entire second story. Tells how important it is to your checkbook to pick the *right* windows. How you can cut rising heating, air conditioning, and maintenance costs. How you can wash windows from the inside, *easily;* eliminate screen and storm window bother. Shows types of windows available, in conventional wood, or wood with an aluminum exterior that needs no painting. And different window and door treatments in various architectural styles. Send today!

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**Famous University proves**
**MIRACLE-GRO produces greater yields —**

# 23% MORE TOMATOES
# 25% MORE VEGETABLES

**Compared with other popular types of plant foods***

**IMPORTANT FACTS for home vegetable growers.**

University tests proved MIRACLE-GRO produced greater yields of tomatoes and other vegetables compared to best known "timed release" plant food as well as other popular types of fertilizers. Tests conducted in good soils and poor soils.

**MIRACLE-GRO works where other types fail.**

At leading University, in soils of very low fertility—plants fed the MIRACLE-GRO way produced good tomatoes while most of the plants fed with other types of fertilizers (including best known "Timed Release" type) *failed to survive!*

*All tested plant foods used according to label directions.

**Why MIRACLE-GRO is called— "MIRACLE VEGETABLE FOOD"**

MIRACLE-GRO provides 7 vital growth elements in fast-acting "liquid form"—feeds plants through roots and leaves. University tests prove MIRACLE-GRO enters plant's "bloodstream" in 30 seconds. Starts working fast. EASY—apply anytime. **SAFE**—will not "burn" used as directed. Saves money. Saves fertilizer.

**Yields TONS more!**

Tomato farmers say 20 tons per acre is excellent. MIRACLE-GRO scored 30 tons per acre!

8 oz. $1.29




INSTANT ACTION! STERN'S Miracle-Gro®
ALL-PURPOSE WATER-SOLUBLE PLANT FOOD


Continued from page 128

# America's great public gardens

near the parking lot to the lake road. Old roses occupy beds and massive pergolas.

The main display gardens are adjacent to the rose plantings—and within easy walking distance. In spring, there are azaleas, dogwoods, pansies, and tulips. In summer, annuals make the big splash. Chrysanthemums are the fall attractions; in winter, camellias take over. Wander up to the gazebo at the top of this area. You'll enjoy looking down on plantings—a perspective not often available. The descent on the far side of the main gardens parallels a gently graded waterfall that ends up in a water-lily pond.

Now retrace your steps to your car for the two-mile drive to the greenhouses.

The greenhouses are more like a conservatory. Instead of being massed on greenhouse benches, the tropical plants are growing with planned effect—as if they were the furnishings of a glassed-in room. There is a plant-sale section, so you can carry away a living memento of the Gardens.

Hodges Gardens is the largest wildlife refuge in Louisiana, and you can often spot deer, elk, black squirrels, and wild turkey. Bald eagles have been seen there recently, too.

When you're ready to stop for refreshments, you can choose between two picnic areas within the grounds or visit the Toro Hills Hotel opposite the main entrance to the Gardens. The hotel has a nine-hole golf course plus swimming and tennis facilities.

## MITCHELL PARK HORTICULTURAL CONSERVATORY

**Location:** At South Layton Boulevard and West Pierce Street, Milwaukee, Wisconsin 53215.
**Hours open:** Daily 9 a.m. to 9 p.m. Mondays 9 a.m. to 5 p.m.
**Admission:** Free to 10:30 a.m.; after 10:30, adults 50 cents, children under 16 free with an adult.
**How to get there:** From downtown, go west on Wisconsin Avenue to 27th Street, then south to Pierce.

The three enormous conoidal glass domes that comprise the Milwaukee Horticultural Conservatory sit at the edge of Mitchell Park like giant beehives. Each ¾-acre cone has a completely controlled environment. The conoidal space frames accommodate the horticultural requirements of Milwaukee winters when the angle of the sunlight gets dramatically low and the payload of snow can be stupendous. The vertical pitch of the domes is designed to catch those nearly sideways rays of winter sun and at the same time discourage any accumulation of snow.

The exotic humid tropical dome has sections devoted to plants from Asia, Australia, South and Central America, and Africa. Generally the favorite attraction for visiting youngsters is the South American economic section. There, tropical fruits and vegetables are grown, everything from papaya and fig to sweet potato and tomatoes, which originated in South America. In a dense rain forest setting, you'll see many plants now familiar as houseplants, but there are also chocolate trees and banana trees. Astonishingly large tree ferns dominate the Australian section. A 25-foot waterfall splashes down to a lagoon where water-lilies float. A giant kapok tree draws your eyes up to the top of the dome where you'll also see cascading bougainvillea and hibiscus blossoms.

The temperate horticulture dome is devoted to six regular but varying floral displays, each of which, in turn, fills the big circle with between five and six thousand plants. The Easter Show runs from mid-March to late April; the Spring Show mid-May through mid-June; the Summer Show from late June to mid-October; the Chrysanthemum Show from late October through November; the Christmas Show from mid-December to mid-January; and the Azalea Show from the end of January until mid-March. It's best to inquire about specific dates, as it takes workers about two weeks to take out one show and plant another, and during that time the dome is closed.

The arid dome houses more than 700 species of cacti and succulents in American and African desert settings, and an oasis ringed with towering desert fan palms. Some of the dome's prize specimens: an 80-year-old golden barrel, a giant saguaro of equally impressive vintage that blooms every year; a hesperaloe whose tall stalks are covered almost constantly with delicate salmon pink blossoms. Throughout all three domes you'll find that most plants are labeled.

If you visit anytime between the end of April through September, you can enjoy the outdoor sunken garden, established at the turn of the century. A fragrant bed of roses separates the sunken garden from the Conservatory domes. A perfect way to wrap up a visit at the gardens is to picnic on the park grounds. And if it's the Fourth of July, you can expect a superb fireworks display in the evening.

## ARNOLD ARBORETUM

**Location:** Jamaica Plain, Massachusetts 02130.
**Hours open:** Sunrise to sunset every day of the year.
**Admission:** Free.
**How to get there:** By auto, near junction of Massachusetts-1 and -203 in Jamaica Plain. By subway from downtown Boston, Orange Line of Forest Hills subway to Forest Hills elevated station.

Once you enter the Arnold Ar-

**continued**

We expect that fertilizer is fertilizer to some people. They put some on the lawn in the spring, still have those little bare spots all summer, and figure that's life.

Here on our grass research farm in Marysville, Ohio, we actually make bare spots come and go by how we use fertilizer.

Bare spots are usually a sign of undernourishment. To send out the new plants that help fill in a lawn, your grass needs more food than most soil has in it — nitrogen, phosphorus and potash, chiefly.

And it happens that the average fertilizer doesn't give your lawn enough food, either. You get a flash of green and think you've got something, and then a few weeks later all this activity simply quits. That was all the food your fertilizer had.

That's why we make Scotts® Turf Builder so that it holds some of its nitrogen back for later. We worked out a kind of "timing" process that releases this food slowly, so it will work on those bare spots for up to two months. (We have a U.S. Patent on the way our Turf Builder is made.)

## If you aren't just plain glad you used this lawn fertilizer, we don't want to keep your money.

You might also like to know that the same patented process also keeps Turf Builder from burning your lawn. With some fertilizers, just a little too much and there goes the grass. But you could accidentally put on four times too much Turf Builder this spring. It still won't burn. You don't even have to water it in.




Now, one feeding will start thousands of new grass plants in your lawn in a few weeks. If you spend about 30 minutes with your spreader every couple of months, your grass will be so thick it will be hard to see the ground through it.

And we have a nice simple guarantee. "If for any reason you are not satisfied with results after using this product, you are entitled to get your money back. Simply send us evidence of purchase and we will mail you a refund check promptly."




You don't need a street address. We have been here in Marysville, Ohio, for 100 years.

# Color your home Williamsburg.















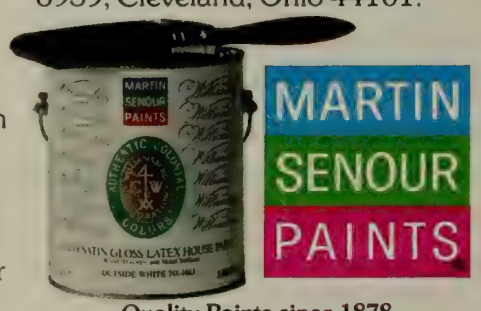
**Designer Sarah Tomerlin Lee talks about authentic colonial paint colors from Martin-Senour.®**



"How would your home look in Nicolson Shop Red or Pitt-Dixon Caramel? Martin-Senour Paints will give you a good idea in their *Williamsburg*® Color Folder. It will also give you some fascinating historical anecdotes about Colonial Williamsburg.

For years my design firm has specified Martin-Senour Paints as a matter of course. Their warm, rich *Williamsburg* Paint Colors can bring a rare beauty to colonial and contemporary homes alike. And only Martin-Senour researches and reproduces the historic colors of Williamsburg. So you get the best of both worlds — authentic 18th century color, and long-lasting 20th century protection."

**FREE OFFER.** *Williamsburg* Color Folder is available, free of charge, from your Martin-Senour dealer. For the location of your nearest dealer, call toll free 800/447-4700 (In Illinois, 800/322-4400). Or write The Martin-Senour Company, Box 6939, Cleveland, Ohio 44101.




**Quality Paints since 1878.**

Sarah Tomerlin Lee, Designer, Editor, Author, Writer on Williamsburg.


continued

## America's great public gardens

boretum, you are in the country worlds away from the whirlin urban life that surrounds its 275 a If the size unnerves you, just re that nothing obliges you to ev every acre. And if the word "ar boretum" turns you off, then thi of it as a large landscaped ga which is exactly what it is— trees and shrubs planted a roads, in meadows, on gentle hi by ponds.

The Arboretum simply re sents on a big scale what you c approximate in your own ga True, the plants are intended t admired, but they are also m to give you ideas as to what w suit your own landscaping. To end, the Arboretum has gon great pains to label everythin you have only a half day, you c come in the Forest Hills entr and settle for the shrub collec Unless you are interested in particular shrub or tree, it do matter when you schedule visit. Something is always in fl from early April into midwi Spring, of course, is the time most profuse bloom: lilacs in May, torch azaleas around Ma flowering quinces in early May dove-tree (davidia) with its h kerchief-like flowers in mid-M mock-oranges in early June. Sp roses (one of the few collectio the country) are a mid-June del

For July vacationers, there hydrangeas and a hardy strai the pink-flowered silk tree. If can't come until August, you'll find hydrangeas, plus the pag tree with its creamy flowers and lavander-flowered chaste-tree. rare franklinia will attract yo September with white flowers sembling camellias.

Don't miss the hedge collec —a great help to anyone planni hedge on his own property. T are 115 different hedges, den strating which shrubs are good clipping (60 of them are), and w ones are not.

## STRYBING ARBORETUM

**Location:** Golden Gate Park, Francisco, California 94122.
**Hours open:** Every day of the y Weekdays 8 a.m. to 4:30 Weekends 10 a.m. to 5 p.m.
**Admission:** Free.
**How to get there:** Consult city r Main entrance is inside Go Gate Park at Ninth Avenue Lincoln Way. Another is on S Drive.

You'd like to take a trip aro the world? Do it via plants in Strybing Arboretum. There 6,000 species and they come f all over the world, including s remote points as India, New Z land, and South Africa.

What was originally a sand d area has been converted into

**continued**



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For a bathroom you can live with, pick fixtures in a Fashion Color from Eljer. Six* warm, natural, always adaptable colors that stay in style and spark your bath decor. Selected by color consultant Beatrice West to be in tune with the latest color trends.

Eljer's Fashion Colors let you have a change of heart without a change of bathroom fixtures. Repaint, wallpaper, hang towels and you have a whole new look.

See how easy it is with Eljer's 32-page decorator guide, "Eljer Fashions Your Bath With Color." Six striking bathrooms designed by House Beautiful, each with fixtures in one of Eljer's Fashion Colors. Three color schemes for each bathroom (18 full-page photos in all) to prove decorating versatility. Contains directory of products and manufacturers.

Fashion Colors by Eljer. See your Eljer plumbing contractor or send $1.50 today for your decorator guide.

**ELJER PLUMBINGWARE**
Wallace Murray Corporation
Dept. BH, 3 Gateway Center
Pittsburgh, Pa. 15222

ELJER

*Two not illustrated

WallaceMurray

continued

# America's great public gardens

ing terrain that looks naturally wooded. Vistas and open areas make you feel the landscape has always been there, although it was created in just the last 50 years.

If you wonder why there are so many Monterey cypresses, Monterey pines, eucalyptuses, and acacias, it's because they form windbreaks. Without them, the plants could not survive the gales that blow in from the Pacific.

On your right, as you go in the entrance at Ninth Avenue and Lincoln Way, you'll find the demonstration gardens. Maybe you can't use all the plants in your part of the country, but you'll certainly pick up ideas about how to combine plant patterns and textures, and how to use stone, rock, and wood.

The Arboretum has used two planting plans. At first, it was geographical. This was fun for the visitor who might want to know what grew in Chile, China, or Australia, and it is still how the original area remains. However, the system ran into space problems and had to be replaced by a plan that called for grouping together plants of similar cultural and climate requirements. This is more practical. If you want to know what combines with what, it's much easier to find out.

Magnificent is the word for Strybing's magnolia collection. You can catch different ones in bloom from January into May. If you visit anytime from March through May, you'll also be treated to a dazzling display of rhododendrons, many of them quite rare.

The California native plant area is at its best in March and April when the native ceanothus produce their flowers in many shades of blue and white, to be followed by plantings of bright-colored native annuals. Nearby is the Redwood Trail, actually only a small grove of redwoods, but walking in even a small grove of these trees provides an otherworld experience. Also planted in the grove are over 100 different native plants that grow naturally with the redwoods.

Don't miss the Fragrance Garden. Regular and braille labels help out when a scent baffles you—but your nose can't miss stock, sweet alyssum, rosemary, or ginger as you walk along the path.

You can always find something in bloom in the Arboretum, regardless of the time of year. In August, you might see blue lilies-of-the-Nile, orange poker-plants, yellow yarrow, and fuchsias. It's startling to see clematis Nelly Moser (hardy in the Midwest) blooming right next to a a bougainvillea.

A word to bird lovers: Spend ten cents at the information booth for a list of the birds sighted in the Arboretum and in which season.

If you have time, take a 15- to 20-minute walk to the Conservatory, which is in Golden Gate Park but is not a part of the Arboretum. This Victorian glasshouse is a real jewel, with choice tropical plants immaculately grown and tastefully displayed.

## Other great gardens well worth traveling to

**New York Botanical Garden,** Bronx Park and 200th Street, Bronx, New York 10458. Roses, flowering trees, native flowers, dwarf conifers, greenhouses.

**Brooklyn Botanic Garden,** 1000 Washington Avenue, Brooklyn, New York 11225. Fragrance, herb, rock gardens. Flowering cherries, Japanese sand-and-stone garden.

**Hershey Rose Gardens and Arboretum,** Hershey, Pennsylvania 17033. Roses, annuals, chrysanthemums, Japanese maples, hollies.

**Fairchild Tropical Garden,** 10901 Old Cutler Road, Miami, Florida 33156. Palms, orchids, bromeliads, tropical trees and vines.

**Callaway Gardens,** Pine Mountain, Georgia 31822. Azaleas, rhododendrons, hollies, wildflowers. Workshops, sports (including golf, tennis, swimming).

**Garfield Park Conservatory,** 300 N. Central Park Boulevard, Chicago, Illinois 60624. Ferns, succulents, palms, water-lilies, garden for the blind.

**Los Angeles State and County Arboretum,** 301 N. Baldwin Avenue, Arcadia, California 91006. Eucalyptus, bottle brushes, palms. Herb, rose, biblical gardens.

**The United States National Arboretum,** R Street NE, just east of Bladensburg Road, Washington, D.C. 20002. Enormous variety of trees and shrubs. Opening in mid-July: an outstanding collection of bonsai, a Bicentennial gift from the Japanese.

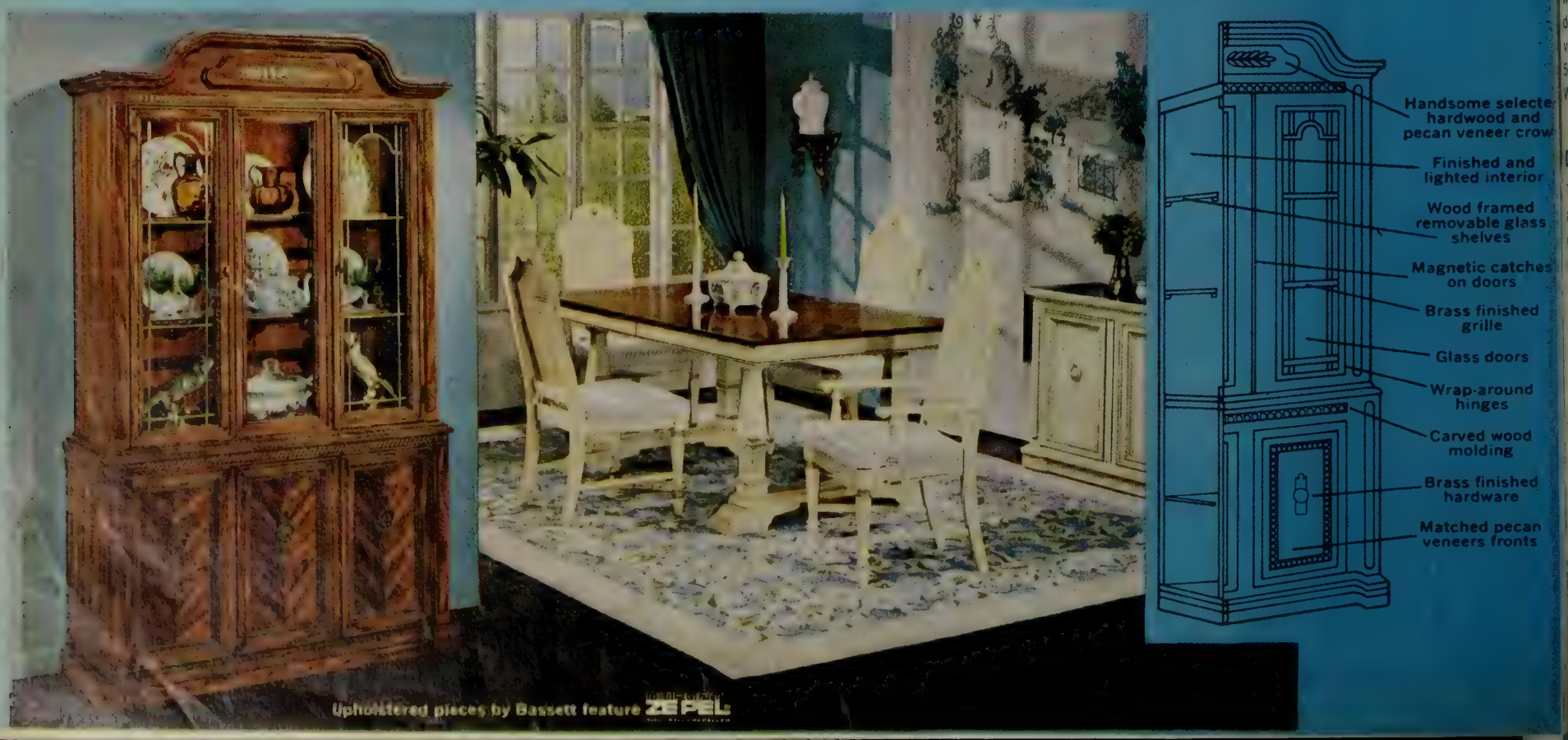
**Portland International Rose Test Garden,** Washington Park, 400 S.W. Kingston Street, Portland, Oregon 97201. Oldest continuously operated public rose test garden in America. Over 10,000 labeled roses of more than 520 varieties.

For additional information, write to state tourism bureaus in the respective state capitals, and to visitors and convention bureaus in major cities. *A Traveler's Guide to North American Gardens,* by Harry Britton Logan ($15, Charles Scribner's Sons, 597 Fifth Avenue, New York, New York 10017) will provide you with a thorough compendium of gardens. The book is disappointing only in that very few of the photos are reproduced in color. ■


# Bassett. The beauty is in the making.

**Kingsgate.** A classic blend of old world beauty with 20th century craftsmanship. Kingsgate is truly impressive with stylish chairs designed with genuine cane backs. And totally elegant in Staunton finish and Savannah white.

Available at selected fine furniture stores everywhere. For decorating ideas with Bassett bedroom, living room, dining room, occasional and juvenile furniture, send $1 to Bassett Furniture Industries, Box BHG 4, Bassett, Virginia 24055.

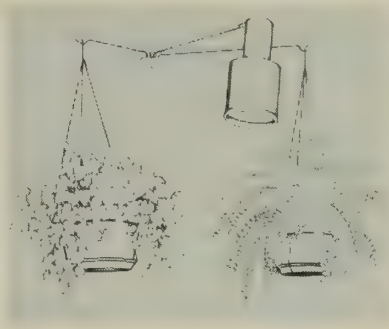


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# Shopping editor's choice

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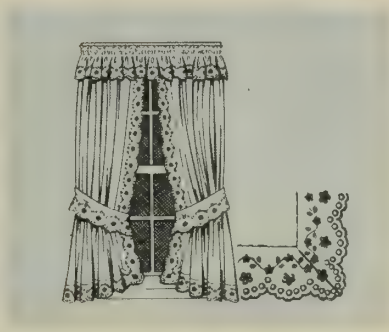
*by Ann Lively*

### Plant hanger and lighting



A special clamp provides space for 2" hanging arms plus a third arm with lighting fixture attachment. 12' wire extension and on-line switch and plug, 75 watt plant light. Blk. or wht. $24.95, chrome $29.95 + $3 shp. Chg. Home Plant Displayers, Dept. L204, 51 E. 42 St., New York, New York 10017.

### Schiffli eyelet embroidery



Tailored trim 4" no-iron white muslin. 78" wide pr.; 65% Polyester, 35% Cotton, machine wash & dry. 24", 30", 36", $10 pr.; 45", 54", 63", $15 pr.; 72", 81", 90", $20. Tiebacks $2.50 pr.; Val. $5; add $1.50 post. Cat. free. Colonial Maid Curtains, Dept. BH4, Lawn Terrace, Mamaroneck Village, NY 10543.

### French blown-glass goblets



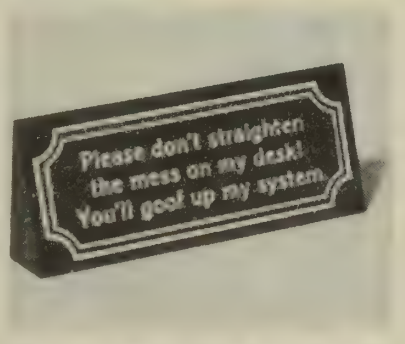
Identical glasses are used in Paris cafes. 5¼" high, graceful, unadorned; ring like crystal when struck. To use for all occasions, lovely gifts and wedding presents. Dozen/$11.98 plus $2 postage. (PA res. add 6% tax) American Consumer, Dept. WGS-23, Caroline Road, Philadelphia, PA 19176.

### Buffet caddy of woven straw



Lighten the burden of those extra trips to the kitchen with this buffet caddy. It's such an attractive way to tote silverware, plates and napkins whether you're serving in or out of doors. Double carrying handle prevents tipping. 11"x5"x7", $3.99 + 50¢ post. Holiday Gifts, Dept. 404-J, Wheat Ridge, CO 80033.

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The perfect "system" for keeping a messy desk. Silver lettering engraved in solid, oil-rubbed walnut; gold border highlights the wording. 4½" x 2", order style PF53, $2.95 each ppd, three or more $1.95 each ppd. Spear Engineering, Box 7025, Dept. 3017, Colorado Springs, Colorado 80933.

### Delmar's greatest pant boot



In stretchy Polyurethane, 8¾"H with Treco foam lining. Cushioned insole & rubber-like sole, 2 3/16" heel. Gives protection from wetness, wipes clean. In Blk, Navy, Brn, Bone, Wht, Red. Full & ½ sizes, 5-8½ plus 9 & 10. $15 + $1 post. Old Pueblo Traders, 600 So. Country Club Rd., B4B, Tucson, AZ 85716.

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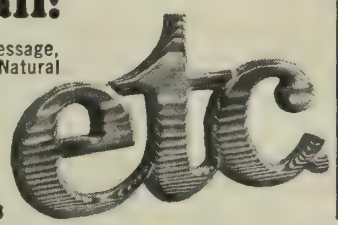
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This bathroom mirror reaches out to you—this new 8x6" shape gives a wider mirror area! Great for makeup and shaving, great for hair styling—a back view with both hands free. Two-faced mirror flips from plain to magnifying, extends up to 30", swivels for best angle and light, folds flat to wall when not in use. Fine polished chrome-plated metal.
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**that's all!**

Just "etc." No message, but what a look! Natural carved kiln-dried wood, stained to enhance the grain, stunning solo or in a wall grouping. About 11½x6½".
8303 **Etc. $3.98**




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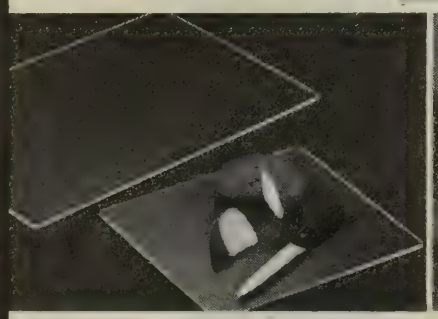
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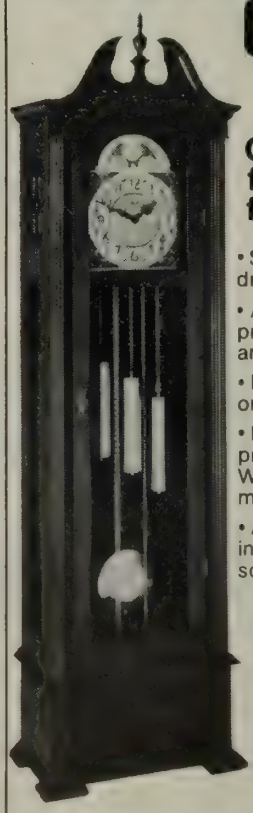
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# HEIRLOOM GRANDFATHER CLOCK



**Compare feature by feature**

- Solid 3/4" kiln dried wood
- All parts precision pre-cut, mitred and dowelled
- Lumber sanded on all sides
- Fully Assembled/ precision-made West German movements
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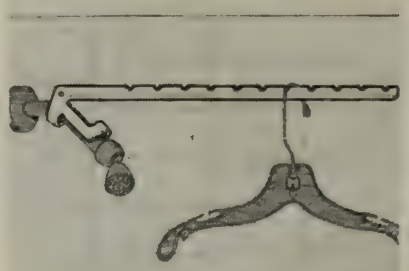
**Write now for FREE Color Brochure of complete line of Grandfather and other clocks.**

HENTSCHEL CLOCK COMPANY
Dept. 616-A
16 Atlantic Avenue
So. Dennis, Mass. 02660



### Bird Fetish necklace

Handmade by skilled Indian cra men of the Southwest. Of qua shell Heshi beads and strung w rare handcarved mother of pe birds. Made to sell for much mo they are being offered in limi quantity. $12.50 + 90¢ post. Re ties, Dept. BH-4, 256 S. Roberts Beverly Hills, CA 90211.



### Handy hang-dryer

Convenient and space-saving dry fits all shower heads. Dry yo washables overnight, slips on a off instantly; fits in any suitcase. solid steel, white rustproof vi finish. Holds 11 hangers. $3.23 e 2/$5.75 + 25¢ post. American Ce tury, Dept. 3016, Box 3046E, L Angeles, California 90036.



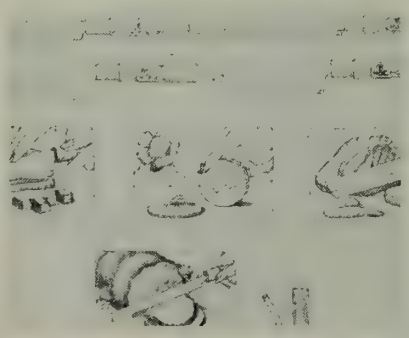
### Perch for your car

Any pet, up to 40-lb. dog will enj the view from this unbreakab acrylic auto perch. Keeps pet fro disturbing driver. Prevents hair c seat, safe and comfortable. Adjus to any car seat, front or back. 11½ x 18", $17.87 + $1 post. Garrett Dept. BH-4, Box 12274, Dalla Texas 75225.



### Commemorative stamps

Included are 100 U.S. stamps th remind us of various historic events. Stamps will grow in value. you're already a collector, these ar invaluable. 100 stamps: $1 ppd Also, stamps on approval, buy an or none, return balance. Globu Stamp Co., Dept. BH-5, 276 Par Ave. South, New York, NY 10010.



### Japanese knife set

Traditional Hocho knives are sharp beautifully balanced, high quality tools with stainless steel blades. 13½" carver, 12½" chopper-slicer, 12" cleaver 10¾" utility knife. Magnolia wood handles. Set of 4/$9.98 + $1 post. (PA res. add 6% tax) American Consumer, Dept. HJ-12, Caroline Rd., Phila., PA 19176.



### Pillow 'n picture kit

Cross-stitch this lovely pair in nosegay motif. Pillow 14" square; picture 7" x 9". Kit: stamped white percale fabric, cotton floss, piping cord, color chart & instr. Pillow form and frame not included. $6.95. Columbia Stitchery, Dept. KPJ/KPK, Box 84, 1400 No. Fruitridge Ave., Terre Haute, Ind. 47808.



### Chicken toaster cover

Bright, cheerful & keeps your toaster dust & grease free. Quilted calico prints, reds, yellows, blues, greens. Red felt crest, yellow felt beak, moving eyes on black felt. For 2 slice, $5.95; 2/$11.50; 4 slice, $6.95; 2/$13. (CA res. 6% tax) + 50¢ post. Dell's, Box 191-BH4, Pico Rivera, CA 90660.

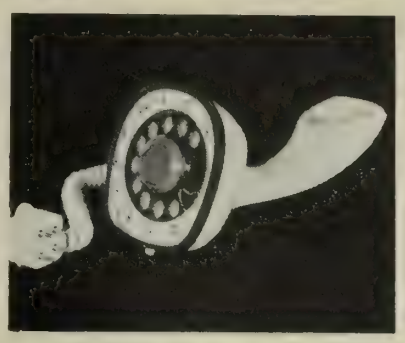
### me, please or Initials

oose letters to spell whatever wish. Newly shaped "blocky" let- of gold-finished metal, Floren- finish. #2217 Neck ring/5 letters 98; #2218 earrings/1 letter $3.98; 19 both/$6.98; #2220 extra let- s $1 ea. + 45¢ post. Lillian rnon, Dept. H4E, 510 So. Fulton e., Mt. Vernon, NY 10550.




### icophone

decorator telephone that's both od looking and convenient. Easy handle with a dial and cut-off itch on the bottom. In white, red, ige, pink, grey and aqua. With no ger $39.95; with buzzer $49.95; h tweeter $59.95 + $1.50 post. talog 50¢. Grand Com, Dept. 44, 324 5th Ave., N.Y., NY 10001.



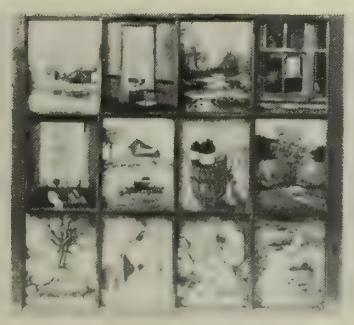
### aby name bead bracelet

others & grandmothers wear and ve them. Lovely simulated pearls, hite opaque beads and gold fin- links. You'll want to order sev- al, one for each child and grand- ild. $3 each + 35¢ post. (Ohio s. add 4% tax). Print name. Ameri- n Bronzing Co., Box 6504-BB46, exley, Ohio 43209.



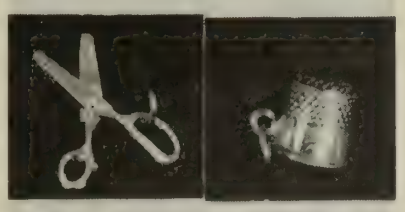

### agic Window

rns a drab windowless wall into a vindow on the world". Twelve aintings displayed in a rustic win- w frame and reproduced in color an art print that requires no fram- g. 22¼" x 21½", $1.98 + 35¢ ost. 2/$3.49 + 35¢ post. Crown- astle, Ltd., Art Div. MW505, 51 ank St., Stamford, Conn. 06901.



### olid sterling silver charms

harm her with her favorite hobby. he'll treasure your thoughtfulness. himble Charm ⅜" tall, #8208, 5.35 ppd. ⅝" tall, #8209, $8.75 pd. Scissor Charm 1¼" long, oveable blades #8438, $5.75 ppd. NY res. add tax) Catalog 50¢. The ewing Corner, Dept. 420, 150-11 4th Ave., Whitestone, NY 11357.



### Handy plant nursemaids

Use the amazing wicks to feed just he right amount of water for up to weeks. Insert one end of the wick n soil, the other end in water. Don't worry about thirsty plants when on a rip. Will not rot or mildew. Set of /$2.98 + 45¢ post. Anthony Enter- prises, Dept. BHG-46, 556 Mis- sion, San Francisco, CA 94105.



### Martha Ann's quilt rack

A copy of an antique bought from an 1850 homestead. Curving lyre feet and top. Will hold your antique quilt, comforter, afghan, on display. 30"H, 23½"W, 15½"D. Shipped K.D. easy- to-assemble. Antique pine finish of pine & hardwood. $34.95 + $2.50 post. Yield House, Dept. D64X, N. Conway, NH 03860.



continued


# New! How to look years younger instantly

## ...with "Beauti Lift" tensor-band.



She's wearing the fabulous "Beauti Lift"

**"Beauti Lift" for the candid, youthful look, works without surgery or cosmetics.** If sagging skin and wrinkles are robbing you of a more youthful looking face, then the fabulous "Beauti Lift" facial tensor band is for you. It works to take years off instantly, and without surgery, cosmetics, elastic head bands.

**Undetectable and feather-light.** Beauti Lift is designed to be concealed in your hair. So no one will even know you have it on. And it blends in perfectly with almost all of today's popular styles. Made of the finest feather-weight metal, it's so light you'll hardly know you have it on.

**How "Beauti Lift" works.** By gently lifting and tensing the skin just in the hairline, "Beauti Lift" works to soften forehead lines, drooping eyelids and crowsfeet. Helping to smooth out wrinkles under eyes and around nose and mouth. Tensing the chinline for a more taut young look.



**Try this simple test to see if the "Beauti Lift" facial tensor band is for you. In front of a mirror, place your index and forefingers on each side of your face, at the temples, just in the hair line. Now lift up and back toward your crown. If you are pleased with the results then order your "Beauti Lift" today!**

**Guaranteed to make you look years younger INSTANTLY—or your money back!** Try "Beauti Lift" and the Beauti Lift plan for just two weeks. If you don't absolutely love the way you look, send it back and we'll refund your money.

**Order Today! A younger look for only $9.95.** This special "Beauti Lift" offer is by mail only. Send $9.95 today and we will send you the exciting new Beauti Lift plus the complete booklet "Secrets of Looking Young."

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**SPECIAL OFFER! Mail Today!**

**Beauti Lift™**




**Dept. BH 0401**
**Box 2175**
**Woodland Hills, California 91365**

Enclosed is my ☐ check ☐ money order for $9.95. Please rush me my "Beauti Lift" facial band plus the booklet "Secrets of Looking Young." Sorry no C.O.D.'s. **Add $1.50 for rush delivery. Shipped 12 hours after order is received.**

**Hair color:** ☐ **Brown/Black** ☐ **Blonde/Grey**

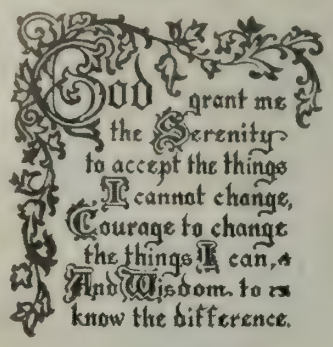
Name _____

Address _____

City/State/Zip _____

California residents add 6% sales tax.

## CERAMIC TILES

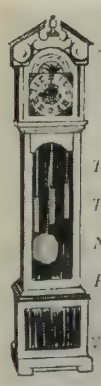



## SERENITY PRAYER



An Irishman is never drunk as long as he can hold on to one blade of grass and not fall off the face of the earth.

## IRISH TIPPLER



*The clock of life is wound but once*
*And no man has the power*
*To tell just when the hands will stop*
*At late or early hour.*
*Now is the only time you own.*
*Live, love, toil with a will.*
*Place no faith in "tomorrow" for*
*The clock may then be still.*

## THE CLOCK OF LIFE

White Ceramic Tiles used as wall plaques or trivets. Cork base with hanger. 6″ x 6″.

**$4.98 Each**

**Plus 60¢ Postage & Handling Each**

Calif. residents add 6% sales tax.

Satisfaction guaranteed.

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***SENSATIONAL***

## swinging Caftan

**$9.99**



Rich-looking, free-flowing caftan in soft nylon tricot flatters every figure. Strung with gleaming city lights at waist, cuffs. Washable. Red or Black. One size fits all. Order M242131. $9.99. Add $1 postage and handling. Satisfaction guaranteed or money back.

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Grow Your Own

# Leaf of Life



### Amazing! Mystical!

The Leaf of Life is so amazing the Yogis of India believe that these mystical leaves possess the Secret of Life.

Wherever a leaf falls, a new plant starts to grow . . . on air, water, or soil.

Yes, the Leaf of Life can start to grow on air alone. New plants grow from the edges of each leaf.

After it starts, put the leaf in a pot. The bigger the pot, the bigger the plant will grow — from one to six feet tall. You can have the size you want and it grows in sun or shade.

It blossoms with fragrant pink & lime bell-like flowers that look like jeweled, oriental lanterns.

The Leaf of Life makes a thoughtful gift, symbolic of wishing your friends a long life and happiness.

It comes with complete instructions and is easy to grow.

Three Leaves of Life for $1.00 Nine for $2.50

Please add 25¢ for handling and postage.

ROBERTA'S Dept. BHA-4
P. O. Box 3000, Shelbyville, Ind. 46176

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### These are for the birds

They're Natural Homes, handcr from nature's own Hard Oak Hickory; sure to catch a bird's tention. Choose from A-Frame Left, Nesting Box in Center, Round-Top on Right. $14.95 e ppd. Save on all three/$39 K. C. Zoysia Turf Farm, Dept. Bucyrus, Kansas 66013.



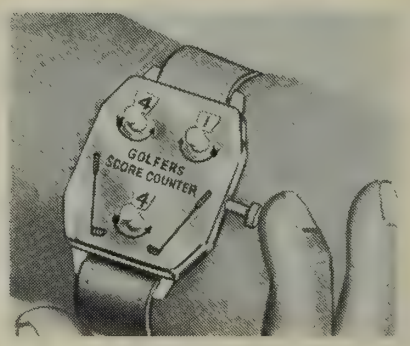
### Millet's, The Angelus

Lithograph on canvas in predo nant shades of brn, grn, blu, gol red, 18″ x 24″, $7.95 + 95¢ p Stretched on bars, $11.95 + $1 post. or framed in blk. wood with ver front trim, $24.95 + $1.95 p Cat. $1 or free with ord. Lamb Studios, Dept. BG16, 910 N. La C nega Blvd., Los Angeles, CA 900



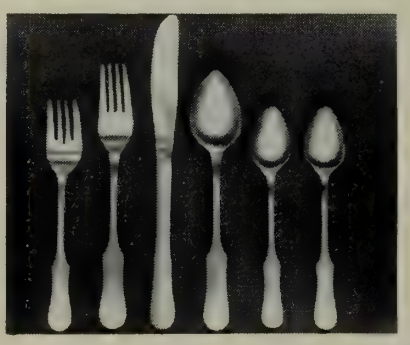
### Repair eyeglasses anywhe

This handy kit is invaluable wh ever glasses come apart at hor at the office or when traveling. compact; carry it in your pocket. cludes a professional optical scre diver & assortment of frame scre $2.29 + 30¢ post. Anthony Ent prises. Dept. BHG46, 556 Missi San Francisco, California 94105.




### Automatic golf scorer

Keep track of your golf score t easy way. Wear it like a watch; need to carry a pencil & tally car Automatically counts strokes a scores total. Three different wi dows. In gold-tone, tarnish-pro metal case with leather strap. $3.9 + 50¢ post. Holiday Gifts, Dep 404-K, Wheat Ridge, CO 80033.



### Fiddleback stainless

In celebration of the 200th annive sary of our country, a 48-piec service for 8, Americana Fiddleba Flatware. With an additional 6-piec matching hostess set. All in stair less steel . . . *sale price* $17.76 $2 post. Crown-Castle, Ltd., Dep FB-535, 51 Bank St., Stamfor Connecticut 06901.




### Press on address labels

Identify possessions, correspon dence too. Black ink on gold, silve or white labels, 1¾″x½″; paste labels in blue, pink or yellow. An message up to 26 letters per line up to 4 lines. 225 for $3; 450, $5 1000, $10 ppd. Order from Bruce Bolind, BH-4, Bolind Bldg., Boulder Colorado 80302.



### Hair today-gone tomorrow

Electrolysis a method of permanent hair removal. Perma Tweez removes hair from face, legs, body in the pri- vacy of your home. Special U.S. patented safety feature destroys hair root without puncturing skin. $16.95 ppd. Order from General Medical Co., BHE-5, 5701 W. Adams Blvd., Los Angeles, CA 90016.

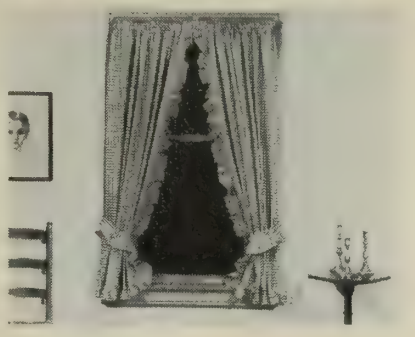
### Indoor water hose

Travel a 100 foot area throughout an entire house, water hanging or floor plants. Drip-proof on/off finger control, pressure-protected valve & special root feeding nozzle. "Little Squirt" guaranteed 1 year. $12.95 ppd. (CA res. add 78¢ tax) Casa-Planta, Dept. 83, 16129 Runnymede, Van Nuys, CA 91406.



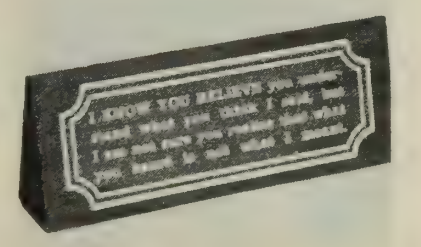
### Gingham permanent press

Cotton & polyester ¼" woven checks in red, yellow, brn, blue or pink with wht. 74" wide pr. with 2" ruffles. 25", 30", 36", $7.50 pr.; 45", 54", $10 pr.; 63", 72", $10.50. Val. 10" x 74", $3 ea. Matching bedspread. Cat., swatches free. Add $2 post. Country Curtains, Dept. BH4, Stockbridge, MA 01262.



### I know you believe—marker

A hilarious marker that's specifically nonspecific. In solid oil-rubbed walnut engraved in silver lettering. Gold border highlights the wording. 4½" x 2". Style PF8 $2.95 each; 3 or more $1.95 each; postpaid. Order from Spear Engineering, Box 7025, Dept. 3023, Colorado Springs, Colorado 80933.



### Teepee playhouse

Cowboys want to be Indians when they see this big teepee. Squaws too will enjoy hours of fun here. Made of heavy-duty fiberboard and colorfully decorated with Indian lore. Sets up in minutes, folds flat for storage. 4½' tall. $8.98 + $1 post. Harriet Carter, Dept. BHG-14164, Plymouth Meeting, PA 19462.



### Smart wedge sandal

Soft leather uppers, 2½" stained wood wedge heels and flexible crepe soles. Sizes 4-12, medium width adjusts to fit any width. In Dark Tan, Bone or White. $14.95 plus 90¢ postage. Sizes over 10, $1. Order "Portia". Sofwear Shoes, Dept. BH-4, 1711 Main, Houston, Texas 77002.



### A ring for your finger

A real jewel to add to your jewelry collection. A genuine onyx stone in an elongated oval cut. It tops a sterling silver ring in a delicate setting. You'll want one for yourself and to give as gifts. Available in sizes 4-9, $8.95 + 50¢ post. Order from Lions, Dept. 106BG, 665 Middle Neck Rd., Great Neck, New York 11023.



### Delightful home plans

One of 230 designs of 1½ & 2 story homes. Other books: 185 designs on One-Story homes over 2,000 sq. ft.; 250 One-Story under 2,000 sq. ft.; 180 Multi-Level; 223 Vacation Homes. $2.25 per copy. All five/ $7.95 ppd. Blueprints avail. Home Planners, Dept. BHE64, 16310 Grand River, Detroit, MI 48227.



continued


Direct import from Solingen, famous for fine cutlery for 10 centuries!

# GOLDEN HANDLED 5-PIECE SCISSORS SET

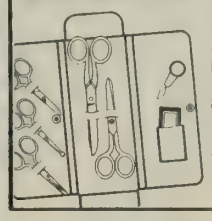
ONLY $3.98

FREE! As a bonus for mailing your order within 10 days! Fitted Case complete with thread, needles, and needle threader!




**Act at once if you want the sharpest bargain you've ever seen!** Precision-made stay-sharp blades of cold forged steel, double plated in lustrous polished nickel for permanence and beauty, with handles flashed with gleaming genuine gold! Made by the cutlery craftsmen of Solingen, West Germany, world famous cutlery and sword making center since 950 A.D.

**Order within 10 days for this bonus — FREE**



You'll receive without extra charge, an attractive, handy fitted case in sturdy, long-lasting vinyl, designed especially for these fabulous scissors. A loop holds each in its proper place — and in the handy pocket there's a packet of needles, an emergency supply of thread, and an ingenous needle threader. Snap-shut case folds to only 3" by 7¾" by ½" for easy storage. But hurry — all you need to get it free is promptness! Mail coupon at once!

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MAIL NO-RISK COUPON TODAY

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Caroline Road, Philadelphia, PA 19176

Please send me _____ (SEW) 5-Piece Soligen-Crafted Scissor Set(s), at only $3.98 each, plus 50¢ per set to cover postage and handling. Include as a bonus with each set, the fitted case with needles, needle threader, and thread.

**SAVE!** Order 2 Sets for only $6.98, plus $1 postage.

If after receiving my order, I'm not delighted, I may return it within 14 days and you will refund the full purchase price (except postage and handling).

Amount enclosed $_____ (Penn. residents add 6% sales tax). Check or money order, no CODs please.

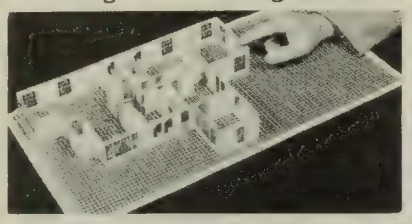
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Address _____ Apt. # _____

City _____ State _____ Zip _____

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Building or Remodeling A Home?



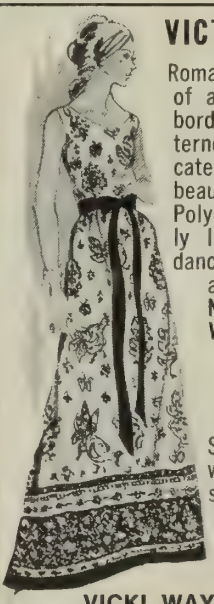
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Plan ahead, see how layout will look before you build or remodel. Here's everything you should have and know to help save many dollars. Dozens of windows, kitchen cabinets, doors, fiber partitions, etc. at ¼ scale. Put your home ideas in 3-dimensional form. Arrange furniture fixtures to fit your scheme. Build, dismantle and originate any number of floor plans. Live in your new or remodeled home before you actually build. Kit also includes 65 page book to help estimate actual costs, financing, etc. Only $4.75 plus .65¢ pp and hdlg., two for $8.95 plus $1.00 pp & hdlg.

Send check or money order.

J. W. HOLST INC., Dept. BK-46
1864 E. U.S.-23, East Tawas, Mich. 48730



## VICTORIAN VOILE

Romantically reminiscent of a colorful era. The border print is lacy-patterned to contrast delicately with the sheer beauty of the fabric . . . Polyester & Cotton. Fully lined. Back-slit for dancing. Machine washable, dryable. **Red, Navy,** or **Brown** on **White.**

Sizes 8-18, 14½-26½.

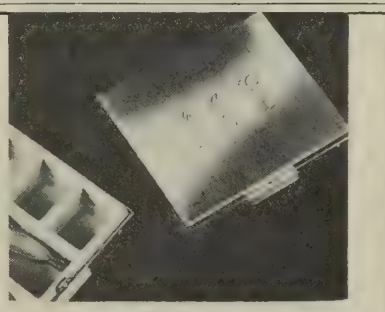
**$28.00**

Same style as above with long sheer sleeves

**$31.00**

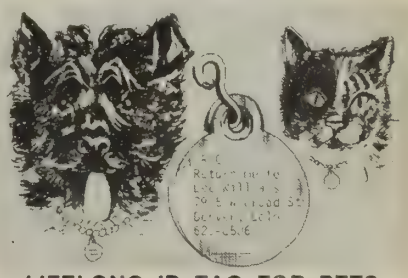
Add $1 post.
*$10 dep. on COD's Satisf. Guar.*

VICKI WAYNE — B4D
600 S. Country Club, Tucson, AZ 85716



*Pierced Earring Case*

. . . will keep your favorite pairs of drops, and studs together and untangled. Smart looking brass case is 2¾" x 2½" x ½" and has "7" velvet-type compartments in 2 sizes. Tiny tongs to pick up your earrings. Engraved with 3 initials. $4.95 ea., 2 for $9.50 ppd. from Bruce Bolind, 154-E Bolind Bldg., Boulder, Colorado 80302. 80 p. Useful Gift Catalog, 25¢. Since 1956, thanks to you!



LIFELONG ID TAG FOR PETS

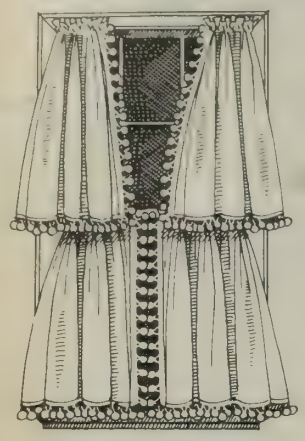
Don't worry about your dog or cat getting lost. This stainless steel lifetime identification tag displays all the necessary information for his safe return—pet's name, your name, address and phone number, all engraved free. Hook for easy attachment to collar. Specify dog or cat.

$1.00 Ppd.

HOLIDAY GIFTS
Dept. 404-C, Wheat Ridge, Colorado 80033

# COUNTRY CURTAINS

**Ball Fringe on Permanent Press or Muslin**
**Natural or White**



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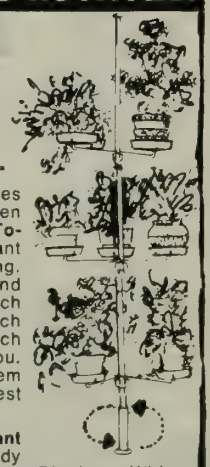
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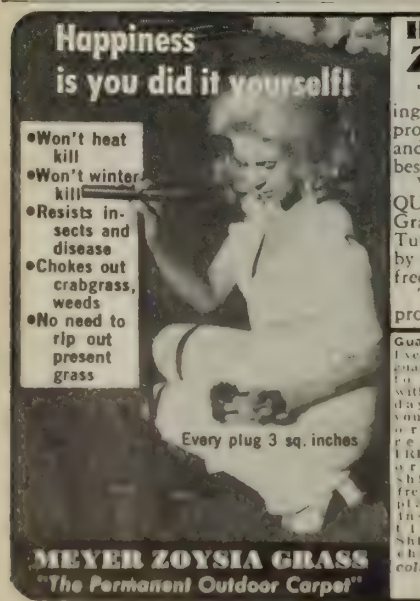


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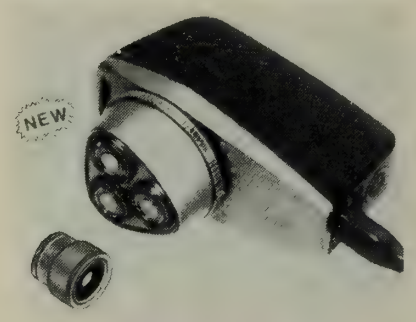
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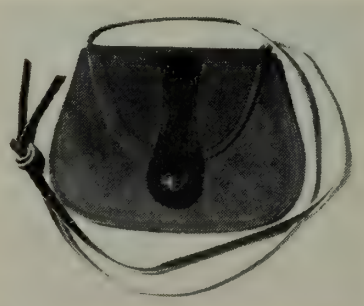
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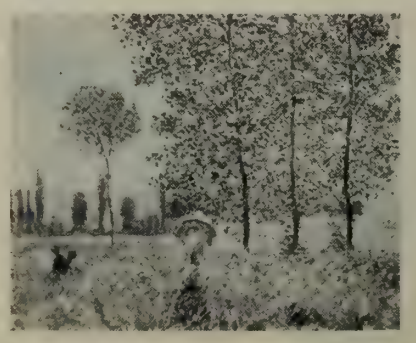

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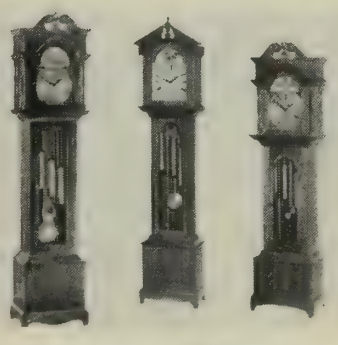
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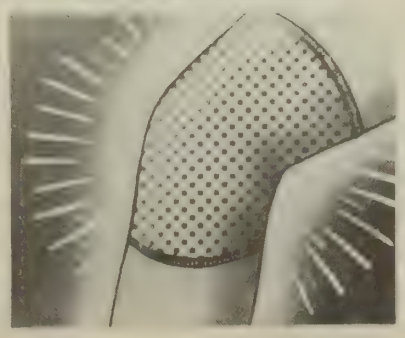
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Please send me the Stainless Steel Pistol Grip Flatware I have checked below on full Money Back Guarantee if I am not absolutely delighted.

(Please add $2.00 postage and handling with each order.)

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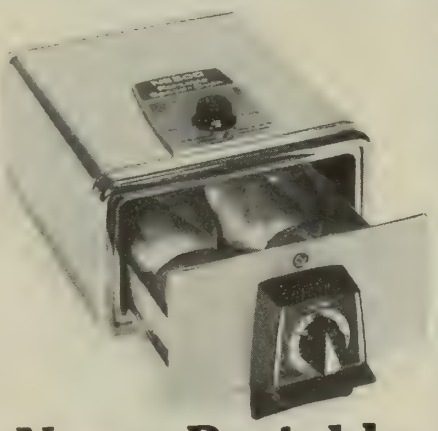
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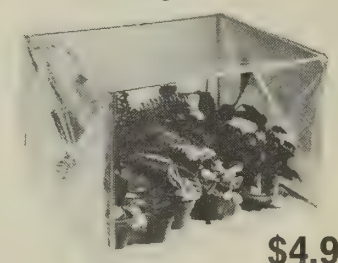
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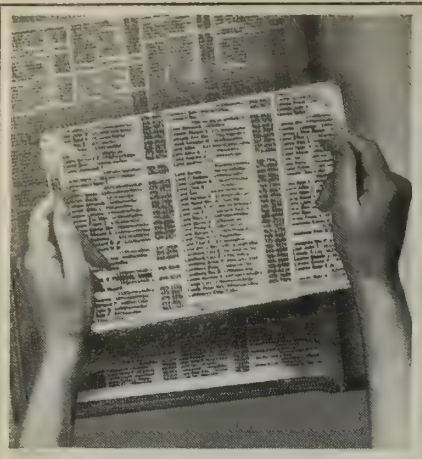
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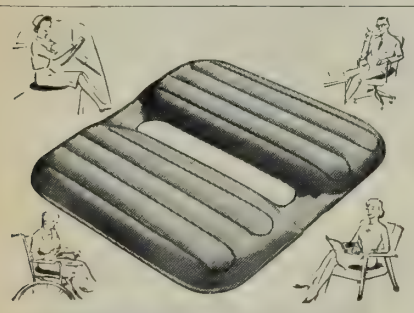
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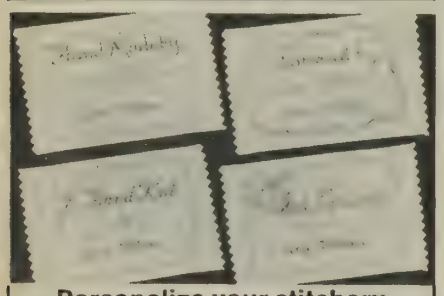
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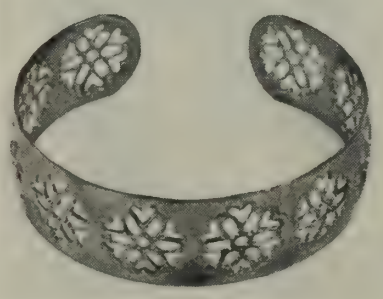
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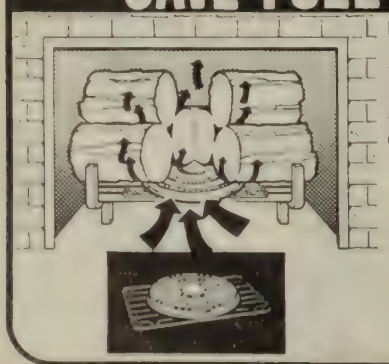
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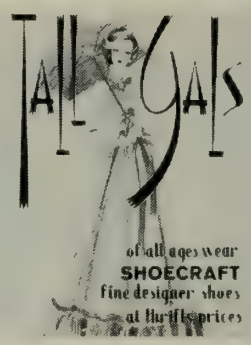

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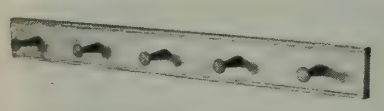

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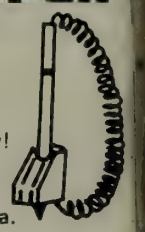
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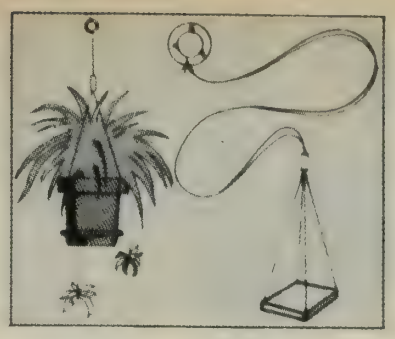


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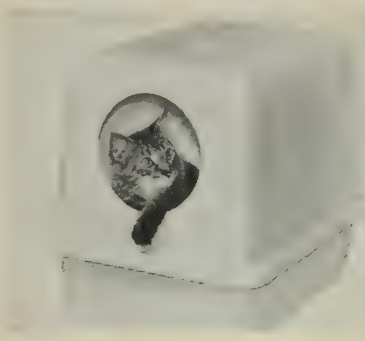
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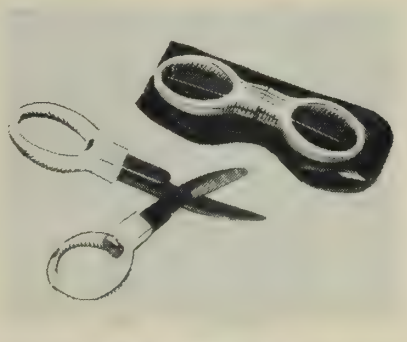
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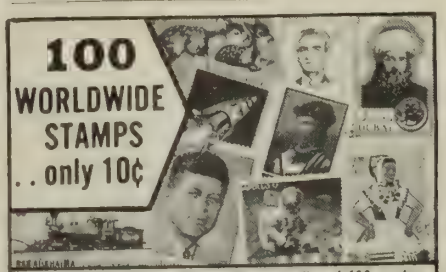
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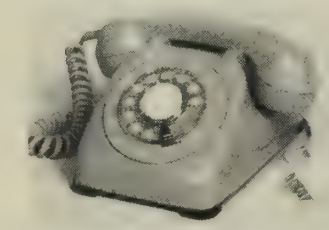
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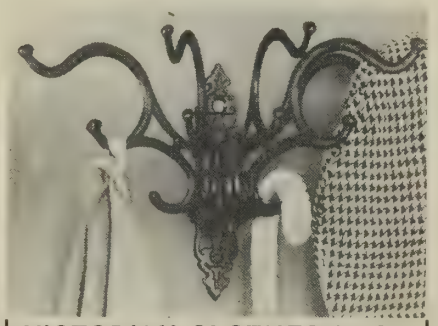
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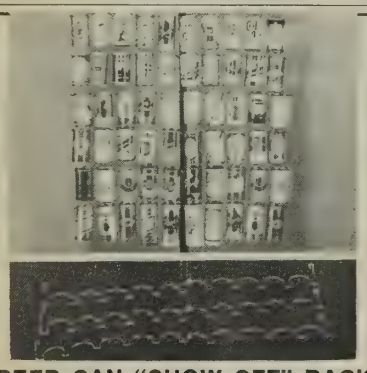
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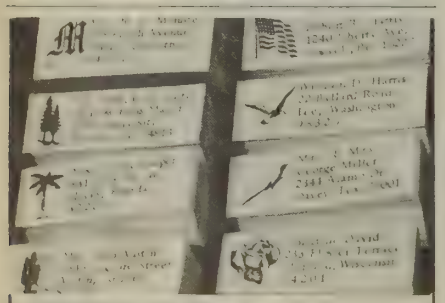
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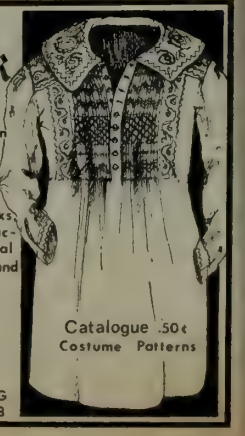
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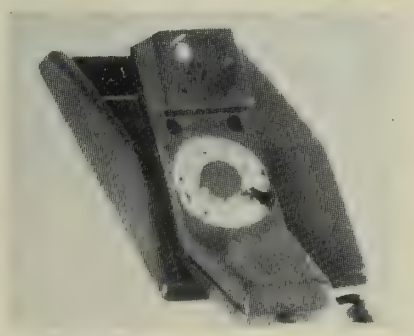
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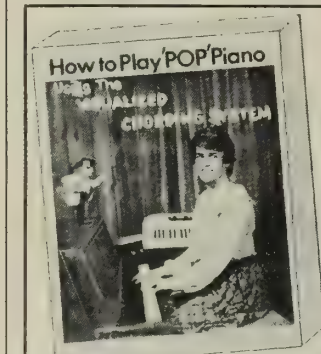
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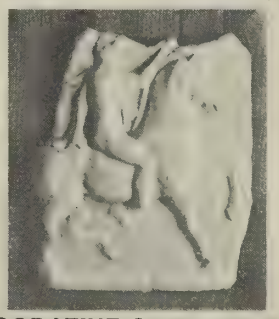
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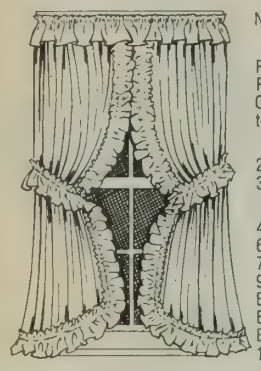
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**RESCUE CARPETS FROM PET ACCIDENTS**



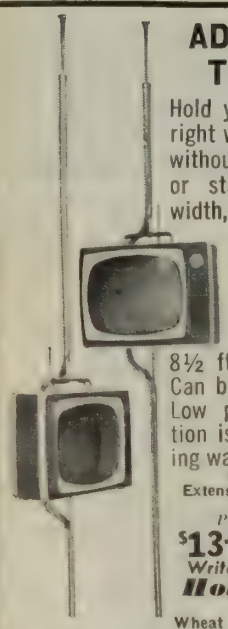
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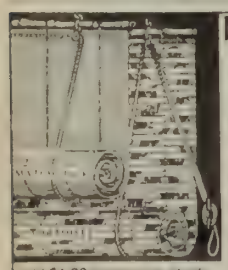
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Send rough sketch with well measurements for any special size or rectangular bubble.

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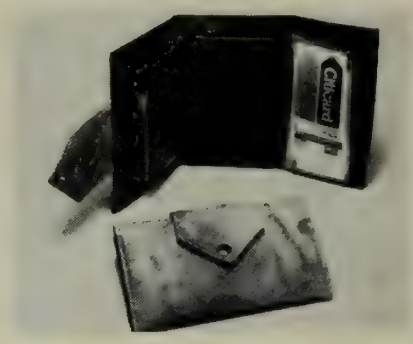
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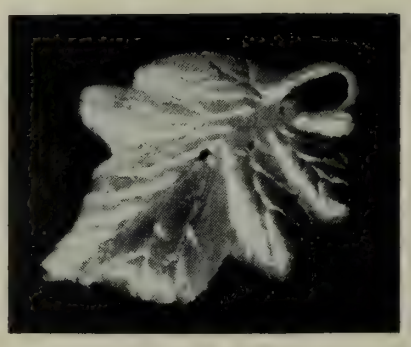
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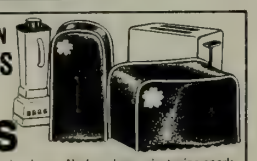
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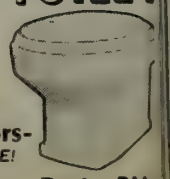


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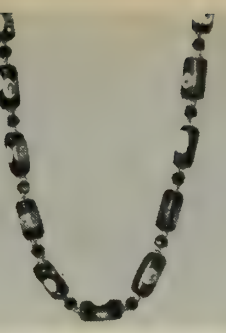
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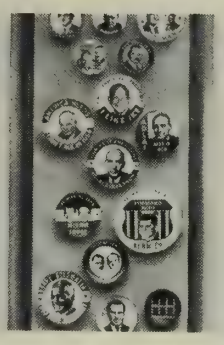
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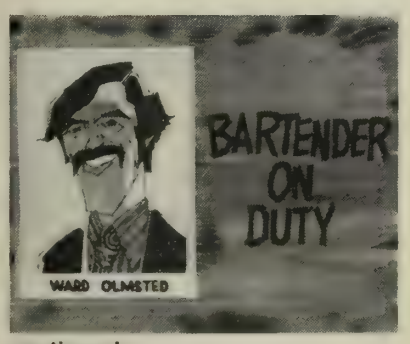
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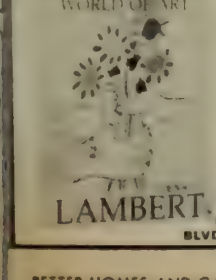
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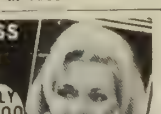
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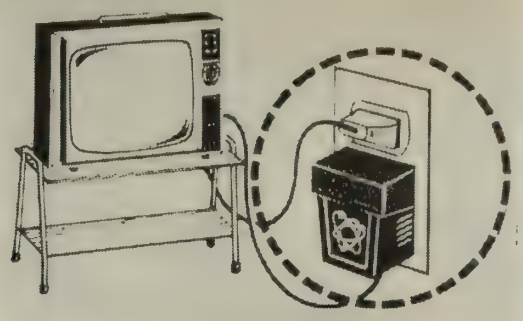
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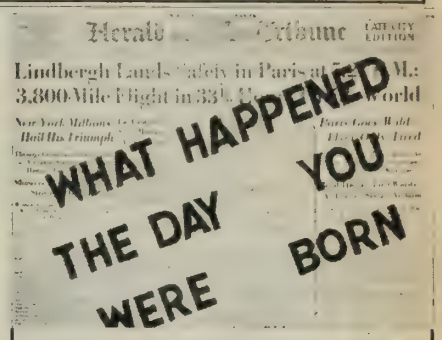
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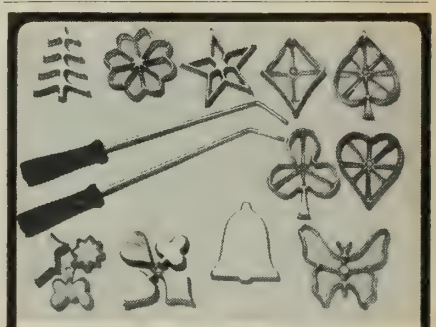
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$3.49 Reg. size

Don't be annoyed with pesky squirrels eating holes, chewing, gnawing, entering, etc. Send for new squirrel repellent today, save your home and garden from expensive damage. This amazing discovery tested and proven by Bell Telephone Co., will repel, not kill, mammals of the rodent family, field mice, etc. Can't harm pets. Stop squirrel damage in and around your home once and for all. Easy to use. Simply spread it and forget it. Send check or money order. Satisfaction guaranteed or money back.

**Regular size $3.49 plus .85¢ pp & hdg.**
**Triple Giant size $9.95 + $1.15 pp & hdg.**

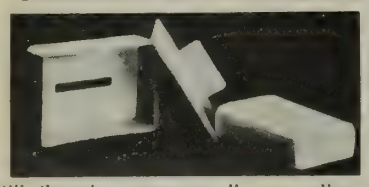
**B & G Nursery Sales** Dept. 10BH
Box 198, Saugatuck Station, Connecticut 06880

## KIT SAVES $75+ ON 5 H.P. TILLER



Save assembly costs — build the **groundhog** Kit tiller with easy instruction sheet, common tools in 6 hours. **Features** 5 H.P. Tecumseh engine, chain drive transmission, V-belt clutch. 14" D. slasher tines till 26", 14", optional 36" swath, yet even ladies can handle. **Converts to walking tractor** for use with attachments. Kit from $199.95. Send to: **Heald, Inc.**, Dept. BH-4, P.O. Box 1148, Benton Harbor, MI 49022

## SOAP MOLD



Still throwing away small soap slivers? Don't! Now you can make fresh new bars of soap from slivers and broken pieces. You can even add color and scent. The Soap Mold ends waste — saves $ too! Complete easy instructions included. Only **$2.39 ea.** + 30¢ post. & hand.

**STRATFORD HOUSE**, P. O. Box 591
Dept. BHG-4, Stratford, CT 06497
Ct. Res. add tax — catalog 25¢

## 6 RHODODENDRON and 6 AZALEAS

12 PLANTS for only $10.95

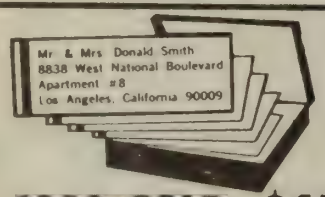
Strong 1-yr. transplants 4" to 8" tall. Mass of roots, large leaves. Rhododendron from red flowering stock. Azalea, hardy, mixed colors. **FREE CATALOG.**
Postpaid planting time. No C.O.D.'s.

## NEW GROUND COVER

**25 CROWNS—covers 100 sq. ft. ...$ 8.95**
**50 CROWNS—covers 200 sq. ft. ...$12.95**
**100 CROWNS—covers 400 sq. ft. ...$22.50**

CROWNVETCH—perennial ground cover—Flowers June til frost. Beautiful, hardy, no mowing. Grows 12"-18" any climate, sun or partial shade. Chokes weeds, resists droughts. Heavy 2-yr. Crowns. Pa. destinations add 6% tax.

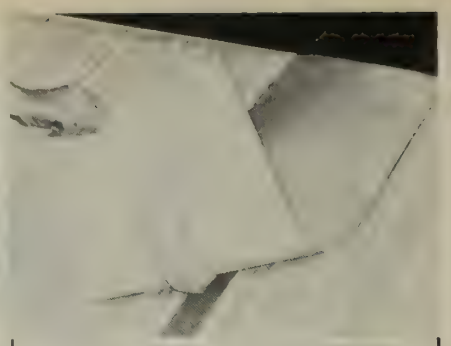
**MUSSER** Box 3D **Indiana, Pa. 15701**




## 1000 GOLD STRIP LABELS $1.50

Your Name & Address Beautifully Printed in Black Print on finest quality white gummed labels with a Rich Decorative Gold Strip. Use them on stationery, books, checks, etc. 4 lines O.K. Each set of 1000 Gold Strip Gummed Labels . . . $1.50 ppd. Satisfaction Guaranteed or Your Money Back! A Thoughtful Gift!

**W. YARBROUGH**
5768 Venice Blvd., Dept. BH-17
Los Angeles, CA 90019



## KING BED CONVERTER

Convert your twin size beds into luxurious king-size bed in seconds! Just place comfortable polyurethane SPAN-A-BED between 2 twin-size beds. Fits snugly—you'll never know it's there. Save dollars—no need for special bedding. A full 6' long, 14" wide. Light, strong SPAN-A-BED will support the strongest man. Rolls up for easy storage when not in use.

$6.98 plus .75c hdlg.

**HOLIDAY GIFTS**
Dept. 404-H, Wheat Ridge, Colorado 80033

## RELIGIOUS COLLECTION




Enormous selection of 51 all different religious stamps of the world. Represented are monasteries, shrines, cathedrals, abbeys, saints, religious dancers, nativity and special pilgrimage issues. EXTRA! Also includes scarce Holy Family painting of Spain in mint condition. Send 25¢ today. Wonderful approvals included.

**D. M. Darling & Co.** Dept. HK Rockville, Md. 20850

## MARKET PLACE

For mail order trade. Classified 60¢ a word. Minimum 10 words.

### AVON

★ **DO YOU WANT TO REDECORATE** your home, send a child to college, make friends, learn about fashion and make-up? Maybe you should be an Avon Representative. See our color-page advertisement in this issue, or dial toll-free 800-325-6400 now.

### HOME AND GARDEN

★ **"SWEET POTATO PLANTS"**—Portricans, 50—$4.50, 100—$6.50. Postpaid. Sunshine Farms, Dresden, Tenn. 38225.

★ **HOME CANNING JAR LIDS.** Limited Supply. Regular Size. 8 Dozen $5.00 plus 10% handling. Send check to: Lids, Box 257, EauClaire, MI 49111.

**CARNIVOROUS PLANTS,** illustrated catalog 25 cents. Peter Pauls Nurseries, Route 2, Canandaigua, NY 14424.

### STAMPS

**200 WORLDWIDE STAMPS** 10c. Approvals. White, Box 24211-VF, Indianapolis, Ind. 46224.

### OF INTEREST TO ALL

★ **GENUINE INDIAN JEWELRY WHOLESALE!** Details $1.00. (Refundable). Lange-BH. 6031 N. 7th St., Phoenix, Ariz. 85014.

### OF INTEREST TO WOMEN

★ **HOMEWORKERS NEEDED** painting Novelties. Roland, Box 56, Hammonton, N.J. 08037.

**$800 MONTHLY POSSIBLE** addressing-stuffing envelopes (longhand-typing) your home. Experience unnecessary. Details, send stamped addressed envelope. American, Excelsior Springs, MO 64024.

### BUSINESS OPPORTUNITIES

**WRITE RESUMES!** Land that job, for yourself or others. Proven successful. Easy-to-follow instructions. Send $2.00, Arrow, Box 87-BHG, Franktown, Colorado 80116.

**UNLIMITED HOME EARNINGS,** Stuffing Envelopes! Information: Send Stamped Envelope. Services, Owego, N.Y. 13827.

**$250-$500/THOUSAND,** Stuffing Envelopes. Complete Assistance. Send Stamped Addressed Envelope. J.D. Enterprise, Box 4412-D3, Margate, FL 33063.

### MONEY MAKING OPPORTUNITIES

★ **$175.00 WEEKLY** correcting pupils' lessons! Samples, $1.00! Castle's, 507-BG Fifth, New York City 10017.

**$1.50 POSSIBLE** for every envelope you stuff! Unlimited possibilities! Starting details $1.00 (no further investment). Honigs/B3, 337N Detroit, Los Angeles 90036.

**MAKE BIG MONEY.** We furnish everything. For details send self-addressed envelope. Enterprises, Box 4516-HG, Compton, Calif. 90224.

**$350.00 WEEKLY POSSIBLE** Stuffing Envelopes at Home! Start Immediately! Details $1.00 refundable. Royal/B7, 8271 Melrose, Los Angeles 90046.

**HOW TO MAKE MONEY** Addressing, Mailing Envelopes. Offer details 15c. Lindbloom Supplies, 3636 Peterson, Chicago 60659.

**EARN IMMEDIATELY STUFFING ENVELOPES.** $300.00 Thousand Possible. Free Supplies, stamped envelope. Isco, 3835 42nd, San Diego, CA 92105.

**$350+ THOUSAND STUFFING ENVELOPES.** Send addressed stamped envelope. PCE, Box 5764, Ft. Lauderdale 33310.

★ **STUFF-MAIL ENVELOPES.** $250.00+ per thousand profit possible!! Offer details: stamped envelope. Kings-BH4, B-21487K, Ft. Lauderdale 33316.

**EARN IMMEDIATELY** Stuffing Envelopes. $25.00 Hundred. Free Supplies. Send stamped envelope. National, Box 247, Imperial Beach, CA 92032.

**$300.00 WEEKLY IMMEDIATELY POSSIBLE** Stuffing Envelopes. Free Supplies, stamped envelope. United, 3838½ VanDyke, San Diego, CA 92105.

### PERSONAL—MISCELLANEOUS

★ **BOOKS ON ANTIQUES** and their Prices. Free Circular! B. Warman, Publisher, Uniontown, Pennsylvania 15401.

### CLASSIFIED'S GUARANTEE

**CLASSIFIED** guarantees refund of any initial money sent in direct response to the above ads. B-4.



### Koin Keeper—coin purse

Ideal for carrying keys, change, tokens etc. Of genuine natural leather, hand laced and has a 4" zipper. 4" x 2". Order one for yourself and several for gifts. $1 each postpaid. 6 for $5 postpaid. Free color catalog on request. Tex-Made, Dept. BHG-4, Box 16125, Houston, Texas 77022.



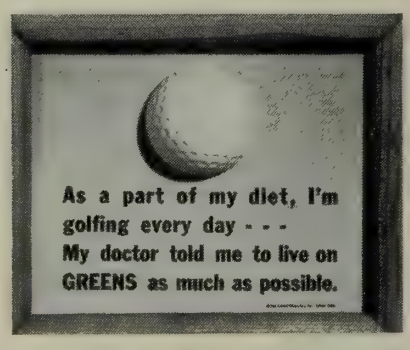

### Milk glass thimbles

A delight for all collectors and sewing buffs. Milk glass colorfully decorated with a Pennsylvania Dutch Hex Sign; "God Bless Our Home" sampler; and an American Eagle (not shown). $2.98 each; all 3 for $7.50 postpaid. Order from Ferry House, Dept. BH4, Briarcliff Manor, New York, 10510.



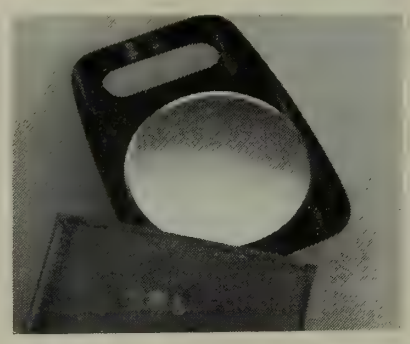
### China storage caddy

A neat way to store a dinner service. Save valuable cupboard space and prevent chipping and breakage. All metal caddy with soft vinyl cushioning. It stores 40 pieces, 8 each: cups, saucers, soup bowls, dinner and dessert plates. 9"H x 11½" across. $3.98 + 75¢ post. Holiday Gifts, Dept. 404-M, Wheat Ridge, CO 80033.




### Sleeps and eats golf?

Framed and ready to hang, a tasteful joke for the serious golfer. With green backing and replica golf ball dear to his heart. Hang it in the playroom, den or his office. A gag gift for every golfer. $3.98 + 50¢ post. Anthony Enterprises, Dept. BHG-46, 585 Market, San Francisco, California 94105.



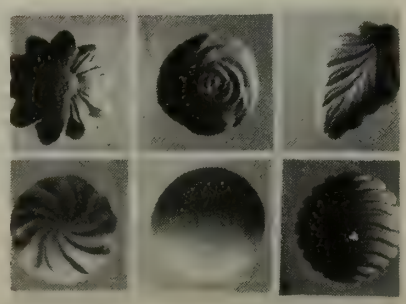
### Personalized two-faced mirror

The look of tortoise in a shape that's both ultra-chic and easy to hold. Case feels like suede with the elegance of gold stamped letters. Mirrors of beveled glass, one side true image, other magnified. 3½"x3¼". Print initials. #2213, $4.98 + 50¢ post. Lillian Vernon, Dept. H4E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



### Add sparkle to your parties

120 prisms splash a kaleidoscope of colors on walls, ceiling. Ever-changing pattern revolves slowly, recreating the ballroom atmosphere of the Roaring 20's. UL-approved cord. $5.98 + $1 post. (PA res add 6% tax). Order from American Consumer, Dept. XL-12, Caroline Road, Philadelphia, PA 19176.



### Pure rubber candy molds

Make professional-looking candy mints with these molds. No-cook recipes included. Order Daisy, Rose, Leaf, Fancy, Plain or Corrugated molds. 90¢ each, 3/$2.50, 6/$4.75 + $1 post. (CA res add tax) Catalog 25¢ or free with order. Judy's Specialties, Dept. 246E, Box 728, 317 N. Second St., Lompoc, CA 93436.

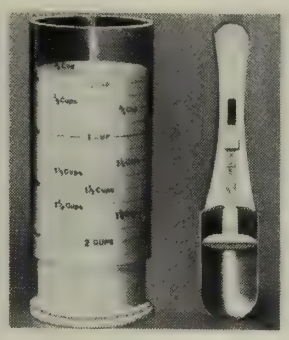
### ne ascot with a difference

hapes to neck, combines comfort classic good looks. Adjusts to size stays in place. In Paisley, Polka ots, Tear Drops, Houndstooth; loose Navy, Brown, Wine & Green; olyester solids as above, plus open, Yellow & White. $5.95 + 50¢ ost. Ost Cravates, Dept. BH-4, Box 3, Champlain, NY 12919.



### Wonder cup and spoon

ecipe preparation simple and quick. x measures on the self-cleaning, urable plastic cup, 1 oz. to 2 cups. even measures from ½t to 1 T. on e stainless-steel spoon. #Q-57 up 5¾"H, $1.95; #Q43 spoon 7¼"L,. 1.95; both/ $3.50 ppd. Spear Eng., ox 7025, Dept. 3019, Colorado prings, CO 80933.



### Bronze baby's shoes

or a limited time only, baby's first hoes are gorgeously plated in solid metal for just $3.99 a pair. Also vailable: portrait stands (shown), ookends, TV lamps. Perfect gift for randparents. Send no money; write or full details and money-saving ertificate: American Bronzing, Box 504-D2, Bexley, Ohio 43209.



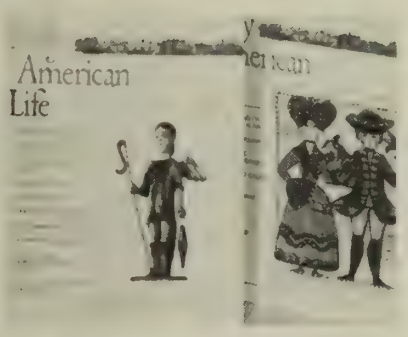
### Flatware patterns available

Sterling patterns at 40-75% off manufacturer's suggested price; active, inactive and obsolete patterns; replace pieces. Send photo, drawing, tracing or mfg's name and a list of pieces wanted. Also, sell or trade. Write: Walter Drake Silver Exchange, BH66, Drake Bldg., Colorado Springs, CO 80940.



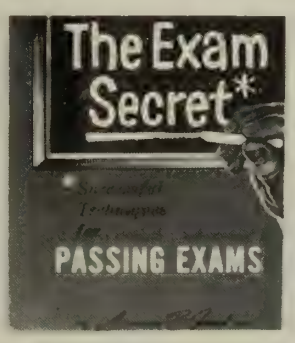
### Early American Society

Offers a membership which includes six issues of Early American Life; keyed to your interest in early America. Discounts on books, travel, furniture reproductions. Discover the warmth and beauty of early America. Annual Membership $8. Early American Society, Dept. 7235, 330 Walnut St., Boulder, CO 80302.



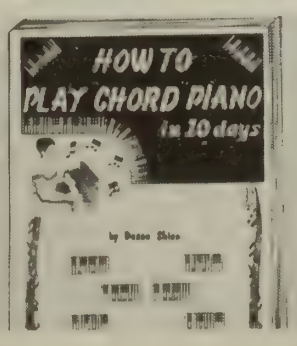

### "The Exam Secret"

Helps you pass every test you take; also, how to deal with exam nerves. New tested methods clearly explained. Shows you short cuts to gainful study and learning. 128 pages, $2 + 50¢ post. New gift catalog 50¢. Order from House of Minnel, Dept. 246E, 530 Lark St., Geneva, Illinois 60134.




### Play chord piano

In just 10 days, you'll be able to play even if you've never played before. New chording system teaches you how to play "pop" tunes with your right hand while your left creates an irresistible rhythm using chords. Series of 10 lessons $3.95 + 65¢ post. J. W. Holst, Inc. Dept. BC-46, 1864 E. U. S. 23, E. Tawas, MI 48730.







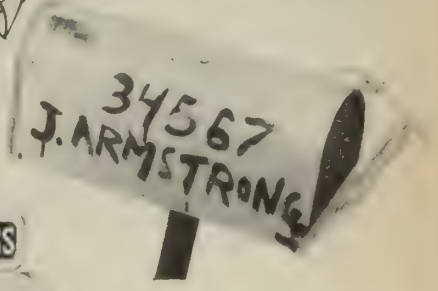
# how do others see you?

this?



or this?









present your name attractively with personalized name markers for mailboxes, lamp posts & lawns!

## Spear DAY-n-NIGHT MARKERS

**LAMP POST & WALL MARKERS** *for home or office*




STYLE BR $6.95




STYLE EB $8.95




STYLE NB $9.95




STYLE OB $11.95

**MAILBOX MARKERS** *fit any curb style mailbox*




STYLE M ~~$5.95~~ $4.95




STYLE MF $6.95




STYLE EM $7.95




STYLE NM ~~$8.95~~ $7.95




STYLE OM $9.95



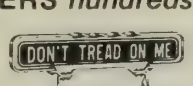

STYLE NOM $12.95




**LAWN MARKERS** *hundreds of uses*




STYLE L $6.95




STYLE LF $7.95




STYLE EL $8.95




STYLE NL $9.95

Friends and visitors often get their first impression of you from the way your name appears on your mailbox, lamp post or lawn. Does your name appear the way you want it to? If not, you can attractively present your name on a custom-made Spear name marker for as little as $4.95! And, your Spear marker helps friends find your home easily—helps delivery men, post men and emergency vehicles find your home more quickly, too! Order today. A Spear name marker will show you're proud of your name!

- Any wording you want, same wording on both sides. Up to 17 letters and numbers on long (18") plate; 6 on short (7") plate.
- White raised letters on black background for easy reading. Reflector beads on letters are readable in headlights at night — just like highway signs!
- Each marker made of rustproof aluminum for years of carefree use.
- Easy to install. Meets U.S. Postal requirements. If you move, replacement plates always available.

**YOUR NAME WITH PRIDE—ORDER TODAY!**
(while you're thinking of it!)

If you wish to use your charge card, please fill out appropriate boxes below:

☐ master charge BANKAMERICARD ☐

Expiration Date Month/Year
Master Charge Interbank No.
Credit Card No.

SINCE 1949 SATISFACTION GUARANTEED OR YOUR MONEY BACK WE SHIP IN 48 HOURS

Spear ENGINEERING COMPANY
Box 7025, Dept. 4962, Colorado Springs, Colo. 80933

| STYLE → | | ANY WORDING YOU WANT |
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| | | |
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PRICE $

ADD POSTAGE & HANDLING
☐ REGULAR .95
☐ FASTEST $1.60

TOTAL

RUSH PHONE SERVICE: To place BankAmericard or Master Charge orders only, call (303) 471-9850 (no collect calls, please), between 8 AM and 4 PM, MDT Mon. thru Fri. Ask for Kay in the Phone Order Department.

ORDERED BY _____

ADDRESS _____

CITY, STATE, ZIP _____

YOUR NAME WITH PRIDE
YOUR NAME WITH PRIDE

# The Man Next Door®

Bill Norman says he put a lot of work into his garden and he's darned if he'll let April showers get the credit for his May flowers.

---

When 11-year-old Judy complains about the burden of being the youngest child, I point out that she has the advantage of having better parents than her brother and sister did—because we had them to practice on.

---

Much as I enjoy pleasant surroundings when we eat out, I rather resent it when the management comes on strong with the decor and weak with the coffee.

---

Occasionally I get the feeling that the main aim of technology is to develop expensive ways of doing things we have forgotten how to do cheaply.

---

Spring is the time of miracles, but Harry Sanbrook, who makes out my income tax, warns me not to expect any from him.

---

In our climate, we don't ask much of April; anything looks good compared with March.

---

The family was always skeptical when I explained that, far from napping on Sunday afternoons, I was thinking. They're much more impressed now that I tell them I am meditating.



*"The reason I get so muddy is 'cause my legs are too short to jump the puddles!"*

---

Rosemary, home from college for the spring vacation, was somewhat shaken when her mother asked serious questions about her classroom work before asking about her dates. She thinks maybe the older generation is beginning to grow up.

---

Judy, afflicted by a spring cold, looks wanly at her image and says the bathroom mirror needs knobs to control the color.

---

Ned Forrester says that when you marry off four daughters and they all have homes to furnish, there's not much chance that you'll ever have to hold a garage sale.



*"You seem to have a virus infection. If you want a second opinion on that, you seem to have a virus infection."*

Uncle Dodd Buckner is a walking reminder of the town's history when he refers to Thomas Jefferson Finkel, our white-haired and distinguished president of the biggest bank, as Young Tommy.

---

Whenever a friend is sick, Chris is quick to take over a tureen of her great soup. A really good friend, with a reliable husband, gets it in our best china.

---

*I don't keep a diary, nor, as a matter of fact, do I know anybody above the age of 15 who does.*

*But I have been speculating about just what entries I would be making this Bicentennial year.*

*There are great events taking place these days, daily crises and, if not wars, at least sputtering international disagreements that could break into blazing fires at any time.*

*Remote though I am from the centers of power, I'd have plenty of interesting stuff to put into a diary. But I'm afraid my diary would go something like this:*

*April 2- Last snow of the year. Not much, but enough to make it a mess getting to the office, especially as everybody, including me, had taken their snow tires off. Judy really sick with the flu.*

*April 8- Airline fare to bring my oldest daughter home from college for the spring break may break me. When she said, "Oh well, I can always hitchhike," I suddenly found the money. Poker club tonight didn't help much.*

*April 20- My son, demonstrating his skill at sliding into second base, sprained his ankle. Fortunately it was no worse than that. Grandpa Hillis received a citation from the city for his work on the parks commission.*

*And so it might go, little dribs and drabs of events of no great significance to anyone but those who live in our house. A daily record of details of family, household, friends, and job.*

*And I expect any ancestor of mine living 200 years ago would have been pretty much like me. If he had thought of keeping a diary (and as far as we know he didn't) he would have written about the weather, the crops, the illnesses and accidents of his family—and their successes and failures.*

*And if he didn't mention George Washington or Thomas Jefferson or any of the Adamses, I really wouldn't miss them. I could read about them other places.*

Burton Hillis

CIRCULATION 8,000,000
May 1976 • 75¢

# Better Homes and Gardens.

DECORATING: How to use your imagination to save money
GARDENING: How to landscape your patio and yard
FOOD: How to put together a great get-together
REMODELING: How to make an ordinary house something special...
Plus...How to unscramble a problem kitchen

BICENTENNIAL VACATIONS: Rediscovering the region where America was born

What everyone should know about heart attacks

Warranty rights: facts you should know



Paper your floor with a strawberry patch!
Durable, easy, and inexpensive–under $25
Complete instructions inside

BURL... APR 27



# Armstrong gives you everything you expect in a carpet—but second thoughts.

You know how many times you buy something, get it home, and wonder to yourself if you did the right thing.

Not with an Armstrong carpet.

There's a difference between an Armstrong carpet and any other. The difference is Armstrong.

You won't have second thoughts about finding the right color or pattern. Not with our broad selection. And our Indoor World® designers simplify color-coordinating by creating carpets that work beautifully with today's most popular paint colors and fabrics.

You won't have second thoughts about performance, either. Because fibers must measure up to extensive testing in our own laboratories before they're accepted as "Armstrong approved" fibers. The yarns and backings must also meet rigid Armstrong standards before they can be formed into finished carpet in an Armstrong tufting mill. And during manufacturing, Armstrong technicians perform as many as 26 quality-control inspections and conduct up to 80 performance tests, including tests for resistance to stains, abrasion, crushing, and fading.

Pace-setting design. Total control over manufacturing. Extensive performance testing. Together, they add the difference you expect from Armstrong. Reliable value.

Juno (shown above) is one of our most popular sculptured shags. For good reasons. Our designers created its lush texture and distinctive multicolor styling to offer wide decorating flexibility. Its pile is durable continuous filament nylon. And the yarn has been heat-set, locking in the twist to add strength to the tufts. Think of Juno in your living room, dining room, or bedroom.



or the bedroom, think how lovely a soft abstract floral would be. Think of Corage, a textured floral plush of high-luster nylon. (It's one of four patterns in our ew Wishes™ Collection.)



Think what a difference Equation's thick heat-set nylon plush pile and extremely delicate pattern would make in those rooms where first impressions are so important. (Choose from thirteen sophisticated colorations.)



For distinctive pattern and fine performance in active rooms, think of Prodigy® Viva with its intricate geometric design so beautifully defined by exclusive Sculptron™ embossing*. Viva has its own quality foam-rubber padding for added value.

Patents Pending

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## Watch for Armstrong Carpet Retailers' **"Best Buys of May"!**

This month, participating Armstrong carpet retailers will announce "Best Buys of May," an exciting Armstrong carpet value event featuring a variety of colorful styles and patterns. Watch for their ads! After May 1, call 800-243-6000 (in Conn.: 1-800-882-6500) toll-free to get the names of participating stores near you.

Armstrong

CREATORS OF THE INDOOR WORLD®

# Thomasville recalls the age of English elegance.

## Carlton Hall—inspired by the great cabinetmakers of the 18th century.

Queen Anne, Chippendale, and Hepplewhite—the three great styles from The Golden Age of Furniture—combined in a distinctive and elegant interpretation of "That Thomasville Look". The Carlton Hall Collection.

Notice the china cabinet, with its delicate pierced pediment. Here's Chippendale at its noblest. What an enchanting contrast to the Queen Anne cabriole legs of the chairs. Everything is crafted of the finest cherry solids and veneers, hand-rubbed to a lustrous glow. With Carlton Hall, the look of a cherished heirloom is no accident.

Choose your heirloom look from: dining room, bedroom, and occasional pieces. For the names of Thomasville Carlton Hall dealers near you, call toll-free: 800-243-6000 (in Conn., 1-800-882-6500).

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Write for Thomasville "Homemaker's Guide"—230 idea-packed pages, and color illustrations, on how to buy and decorate with fine furniture. Send $3 to Thomasville Furniture, Dept. BH-176, Thomasville, N.C. 27360.

FROM Armstrong CREATORS OF THE INDOOR WORLD®

...one good Armstrong deserves another.

# Dress up your dining room with an elegant Armstrong ceiling.



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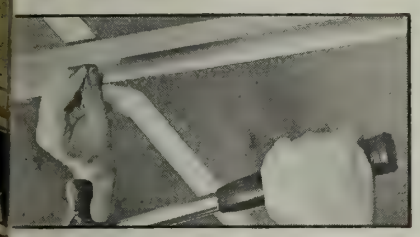
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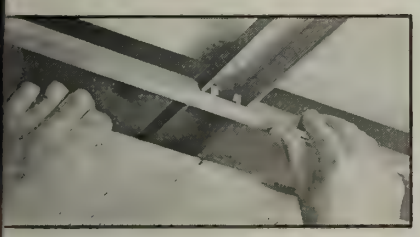
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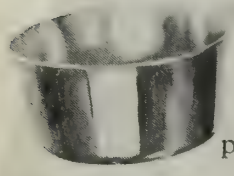
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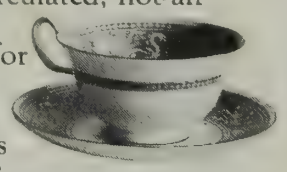
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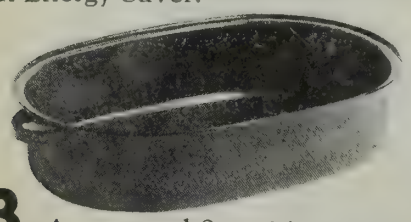
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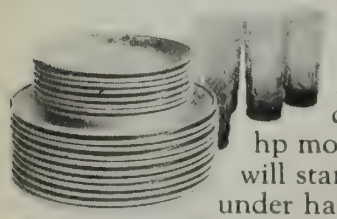




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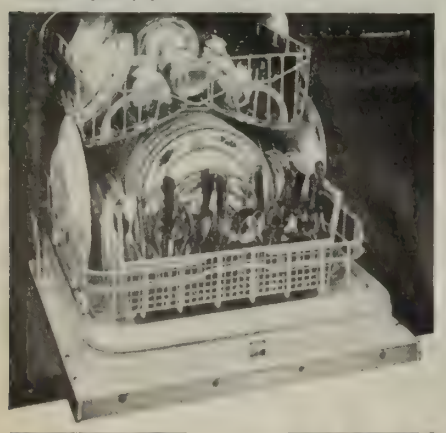


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**5.** A heavy duty ½ hp motor that will stand up under hard daily use. So tough, it's warranted for 5 years. If the motor should fail during the first year, it will be repaired or replaced without charge; during the next four years you'd pay only for labor.

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# Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES — MAY, 1976; VOL. 54, NO. 5



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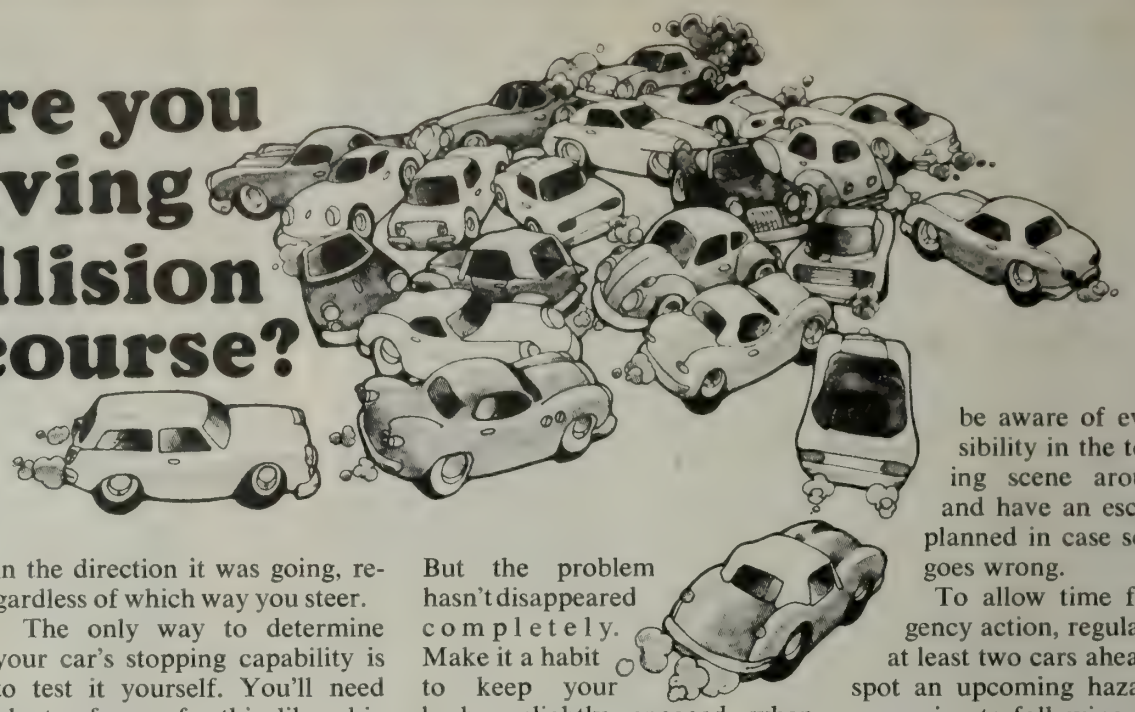
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# Are you driving a collision course?



When the blame for an accident goes to that phantom scapegoat "loss of control," the real culprit is usually a driver who either isn't prepared to take emergency action or gives up control of his vehicle in panic even though there's still enough time for quick evasive measures.

Whether you've been driving just a few years or 30, you can cut down your odds of having an accident by getting better acquainted with how your car handles and brushing up on your everyday driving techniques. Do you know how your car will perform under different road conditions? Have you lazily slipped into dangerous driving habits? Can you spot danger signals in time to do something about them?

### Maintaining road contact

Squealing tires shoot terror through many drivers, causing them to overreact. However, the squealing is simply a warning that your tires have held the road about as long as they can—but haven't lost traction yet. Ease off the accelerator, and your car will settle back into a safer, more comfortable pace. Don't brake or decelerate sharply. Sudden change in speed, though not dangerous itself, can lead to an accident by making you feel that you've lost control.

Type, condition, and inflation of your tires also influence cornering and braking. Obviously, the better the tread condition, the better your car holds the road. But here's a subtle point to remember: belted bias-ply tires start squealing sooner than radials, though bias-ply tires squeal over a wider speed range. Radials hold the road so well you'll be traveling faster before you hear any noise. When you do, just a slight increase in speed will take you past the tires' limits. Of course, regardless of the type of tires, improper inflation cuts down on your car's ability to hold the road.

### Braking and stopping

When slowing down or stopping, treat your brakes with respect. Sudden excessive pressure will cause brakes to lock, and your car will continue to travel in the direction it was going, regardless of which way you steer.

The only way to determine your car's stopping capability is to test it yourself. You'll need plenty of space for this, like a big deserted parking lot early in the morning. Pick something in the lot (a tarred line, parking marker, etc.) for your braking point. Approach it at about 20 MPH and put on the brakes. Measure the distance it takes to bring your car to a complete stop. Then go back and repeat this performance, braking harder each time till you're actually locking the brakes. When you finish this exercise, you should have a pretty good idea of what to expect from your car.

### Evaluating road conditions

If you've traveled rural areas, you know cars have little traction on gravel roads. A less obvious hazard can be the condition of those unpaved roads. Slow down when approaching potholes and washboard surfaces, which usually show up at points where you're required to stop or turn (both maneuvers deteriorate the road's surface). These irregularities can make your wheels hop violently, resulting in only intermittent road contact. Worn shock absorbers make matters even worse. Once you're back on smooth pavement in a rural area, beware of scattered loose gravel where the pavement intersects unpaved roads. Gravel can make brakes almost useless.

Since everyone knows rain limits its visibility, most sensible drivers slow down. But impaired vision isn't the only hazard. Moisture keeps your tires from getting a good grip on the road. Even when the rain stops and visibility improves, don't resume your normal speed immediately. There still may be enough moisture on the road to impair traction, and you probably won't realize it until you try to stop or turn.

Widespread use of disc brakes has cut down on brake failures caused by a thorough dunking. But the problem hasn't disappeared completely. Make it a habit to keep your brakes slightly engaged when driving through puddles. If you've been driving in the rain, press lightly on your foot brake at least half a block before you intend to stop, turn, or slow down. This gives you advance warning if your brakes are too wet to work. If that's the case, continued pressure will dry them out.

### Assuming good position

As you sit behind the steering wheel, you must have absolute control of your car. This means adjusting the seat so your arms are relatively straight when your hands are on the wheel. Your legs, too, should be straight for a quick change from accelerator to brake pedal without an exaggerated knee-lift. If need be, you can also apply much more controlled brake-pedal pressure with a straight leg—using your body weight for added power.

Regularly readjust your side- and rear-view mirrors before starting out. While this step has always been important, it's critical with late-model cars. Safety gear like lap belts, shoulder harnesses, and seat-back head restraints has made turning around to look out the rear window so uncomfortable few people do it.

And speaking of safety belts, use them not only for life-saving protection but also to hold you in position behind the wheel during fast turns and stops. You certainly can't retain control of your car if you're thrown over into the passenger seat during an unexpected maneuver.

### Getting ready for "what ifs"

Being prepared for the "what ifs" of driving is another sound recommendation. What if that truck can't stop at the light? What if that child darts into the street? What if a car comes flying over the hill in your lane? You should be aware of every possibility in the total driving scene around you and have an escape path planned in case something goes wrong.

To allow time for emergency action, regularly think at least two cars ahead. If you spot an upcoming hazard, flash a warning to following motorists by tapping your brakes to make your brake lights flicker.

Besides anticipating escape routes, be alert for situations where you're putting your own car in dangerous positions. Though states regulate many of these situations by law, even experienced drivers sometimes forget. According to the Highway Users Federation for Safety and Mobility, here are a few of the most common positioning errors:

- Holding up traffic in the fast center lane of a two-way street or highway while you wait to make a left turn.
- Lagging behind the normal pace of traffic after turning onto a street or highway.
- Driving in another motorist's "blind" spot.
- Blocking two lanes of traffic by driving beside another vehicle.
- Shooting through on-coming cars to cross a through street instead of waiting for a safe gap in the traffic.
- Double-parking or stopping behind a double-parked vehicle.
- Waiting to go straight ahead in a lane marked for turns only, or going straight ahead on a turn arrow.
- Failing to pull ahead at a green light while waiting to make a left turn.
- Completing a left turn long after the light turns red.
- Jumping the gun at green lights.
- Making split-second decisions that result in unsignaled maneuvers like lane changes, turns, and sudden stops.
- Failing to yield the right-of-way to the driver on the right at intersections or to oncoming traffic when making a left turn.

Safe driving is a condition of constant readiness. Many accidents can be prevented by alert drivers who know how to handle their cars. ■



# If your luncheon guests looked this close at your glasses, would you worry about spots?

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## Cascade...for virtually spotless dishes.

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## Bedroom Furniture



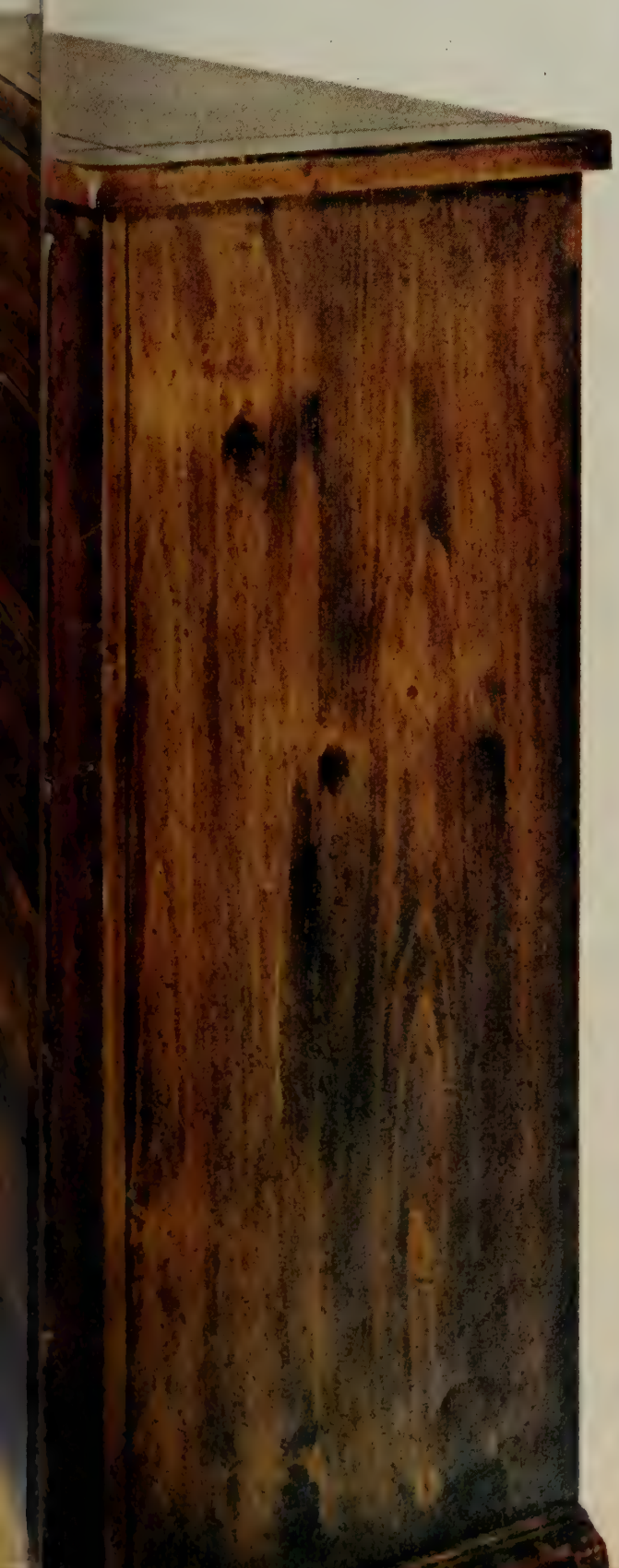
Only at Sears

# Superb construction, 26-step finishing, and an outstanding price make it a great value.

## We urge you to compare:

You are about to make a major investment in a set of bedroom furniture. Of course you want it to look beautiful. You want it to last. And you want it to cost no more than it has to.

We think Sears Open Hearth offers you the best combination of all three. Here is what you should look for when you shop and compare:



### Examine the Drawers

Look for beautifully made drawers when you want to determine the overall quality of furniture construction. It takes time, care and true craftsmanship to make drawers that will *continue* to work beautifully. Chances are, if corners are cut in drawer construction, they will be cut everywhere else.

When you shop and compare, look for all these drawer construction features. You'll find them in Sears Open Hearth.

**Ball-Bearing Slides** made from strong steel to make the drawer slide smoothly.

**Positive Drawer Stops** to prevent the drawer from accidentally being pulled out too far.

**Dovetail Joints** on all sides for extra strength.

**Tongue-in-Groove Bottoms** to hold more weight and make the drawer sturdy.

**No-Snag Insides** with rounded edges, triple sanding and smooth sealing lacquer.

**Anti-Wobble Discs** made from self-lubricating nylon. For a smooth pull without "seesaw" wobbling.

**Reproduction "Flying Eagle" Hardware** cast from heavy solid metal. Brass plated and antique burnished.

### Look for Inner Frame Strength

Look inside. Look underneath. Look behind. Don't ignore the inner construction of the furniture frame. If it doesn't include the inside strength features found in Sears Open Hearth, its outside beauty won't last as long.

**Tongue-in-Groove and Mortise-and-Tenon Piece Construction.** Ordinary butt-edge construction is nowhere near as long lasting.

**Corner Cleats and Glue Blocks.** Glued *and* screwed into the frame for extra strength.

**Recessed Back Panels** for added stability.

**Adjustable Casters** and self-levelers on all larger pieces.

### Meticulous 26-Step Finishing Makes All the Difference

Only firm, evenly textured, kiln-dried northern white pine and fine grade white pine veneers are chosen for Sears Open Hearth. It is a mellow wood and it responds to finishing beautifully. But *only*, if it is finished with time and care.

The satin glow and warm highlighting you see in Sears Open Hearth take 26 painstaking finishing steps to achieve. From sanding, to staining, to antiquing, to highlighting, to hand-rubbing. There is no shorter method to bring out the beauty of northern white pine and make it last. You'll really see the difference when you shop and compare.

Sears ★ Best

### It's a Sears Best

Sears Open Hearth Furniture has to continually meet strict quality requirements to be a "Sears Best." These tests, in addition to the hundreds of construction checking operations, are why we invite you to shop and compare.

### Choice of Pieces

There are 13 different pieces in Sears Open Hearth Bedroom. And 41 more in Sears Open Hearth Dining Room, Family Room and Living Room. Plus a host of Open Hearth coordinated accessories.

Sears Open Hearth Bedroom. Come see it now at most larger Sears, Roebuck and Co. stores.

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# What's What in Skin Care Cosmetics

However far-out the names on the labels, modern-day cosmetic creams are all refinements of the 2,000-year-old cold cream formula—olive oil, beeswax, and water. The concoction got the name "cold cream" because, when it's applied to the skin, the water evaporates, resulting in a sensation of coolness.

Most of today's cold creams are fine, white, glossy creams of firm consistency, with mineral or other oils that don't become rancid replacing the perishable olive oil. If your skin is dry or normal, you'll probably find cold cream perfectly satisfactory for both cleansing and lubricating—and as cosmetic creams go, it's inexpensive.

But today there are many more products on the market that you should be aware of. When used regularly, in combination with proper diet, sleep, and exercise, they can noticeably improve the appearance of your complexion.

Essentially, there are three main categories of modern facial-care cosmetic creams: cleansers, to remove dirt and makeup; toners, to smooth and firm the skin; and emollients (commonly called moisturizers), to help prevent or counteract dryness and to provide a smooth base for makeup.

### What's best for cleansing?

Soap and water are fine for removing typical daily grime, accumulated natural secretions, and dead skin cells. But a day's accumulation of makeup (particularly eye shadows, lipsticks, and "waterproof" cosmetics) poses a special problem. A cleansing cream or lotion can do a better job of loosening the greasy binding materials that hold these pigments on the skin, so that they can be wiped away with a tissue or rinsed off with water.

You might want to follow up by using soap and water or a skin freshener containing alcohol to remove the cleanser. Or you can choose a cleanser that's formulated so as not to require follow-up.

Your choice of a cleanser depends on whether your skin is dry, normal (by far the majority), or oily, and on which method of cleansing you prefer. Generally speaking, "creams" are likely to be heavier (that is, they will contain more oils) than "milks" or "lotions," but there are different formulations in each category.

Products designed for dry skin are likely to have additional oils and few oil-removing ingredients. Products for oily skin have greater oil-removing capability and few additional oils. Here are some specific types:

- *Cleansing creams are a variant of cold cream, with the addition of other ingredients, such as alcohol and a soap or detergent.* Depending on the proportion of such ingredients, a film of cleansing cream left on the skin could be drying; a skin freshener with alcohol could be used after cleansing to remove the cream. Cleansing cream with alcohol works best for oily skin and for oily areas such as the nose or chin.
- *Cleansing lotions and aerosol foams are similar to cleansing creams but contain more water.*
- *Washing creams and lotions are cleansers in water-soluble form.*
- *Moisturizing and liquefying cleansing creams contain little or no water but a high proportion of oils and waxes that melt rapidly on contact.* They produce a warming rather than a cooling effect. These products leave a residue of oil on the face and are designed for dry skin.
- *Cleansing milks contain more soap than cleansing cream.* They are, therefore, more appropriate for oilier skin.

### What do toners do?

They're designed for use after cleansing (before applying other cosmetics) to remove traces of cleanser and give the skin a pleasant "tight" feeling.

Fresheners and astringents are primarily alcohol, water, and scent; those with a high alcohol content are best for oily skin.

Although fresheners and astringents frequently are described as "pore closers," pores—which are the external openings of the sweat glands, oil glands, and hair follicles—do not open and then close. Pore size cannot be reduced. These products work by irritating the skin around the pores; the resultant swelling makes the pores temporarily less noticeable.

### How do moisturizers work?

These products are to be used after cleansing and toning, either overnight or in place of makeup. The aim is to prevent or reduce dryness. They're *not* necessary for a person whose skin is oily.

Moisturizers are primarily combinations of oil and water, and they function in two ways. First, they "cement down" the surface scales, giving the skin a smoother feel. Second, they act as a barrier to slow the evaporation of water; skin with an adequate water content is flexible.

If your skin is dry, it lacks water, not oil. Dry skin can result from low humidity —which explains why dry skin is more common in winter—as well as from cold, wind, sun, soaps and detergents, and inherited factors.

A quick, easy, and effective way to restore moisture to dry skin is first to wet it, then apply an oily or "heavy" emollient such as petroleum jelly. This method works on the body as well as on the face. Petroleum jelly has a low melting point and therefore feels greasier than regular cosmetic creams.

A variety of cosmetic creams is available, and each is designed to do a specific job. *Night creams,* including *eye creams* and *throat creams,* all have a high oil content and are intended to be worn while you sleep. *Day cream* or *underfoundation cream* has a lower oil content and is to be worn as a base for tinted makeup or powder, or in place of makeup. The latter is sometimes called "vanishing cream" because it melts rapidly when applied to the skin and becomes colorless. Still lighter are the moisturizing lotions. Moisturizers for men are sometimes called *sport creams.*

Unless your face is unusually dry, a single product might serve all your lubricating needs. If used regularly, it can make wrinkles and fine lines less noticeable. But don't expect any product to stop or reverse skin aging. That's a complex process involving inherited factors and sun exposure, and even the costliest cosmetics can't, as yet, hold back Father Time or Mother Nature. ■

*(Lynne Lamberg)*




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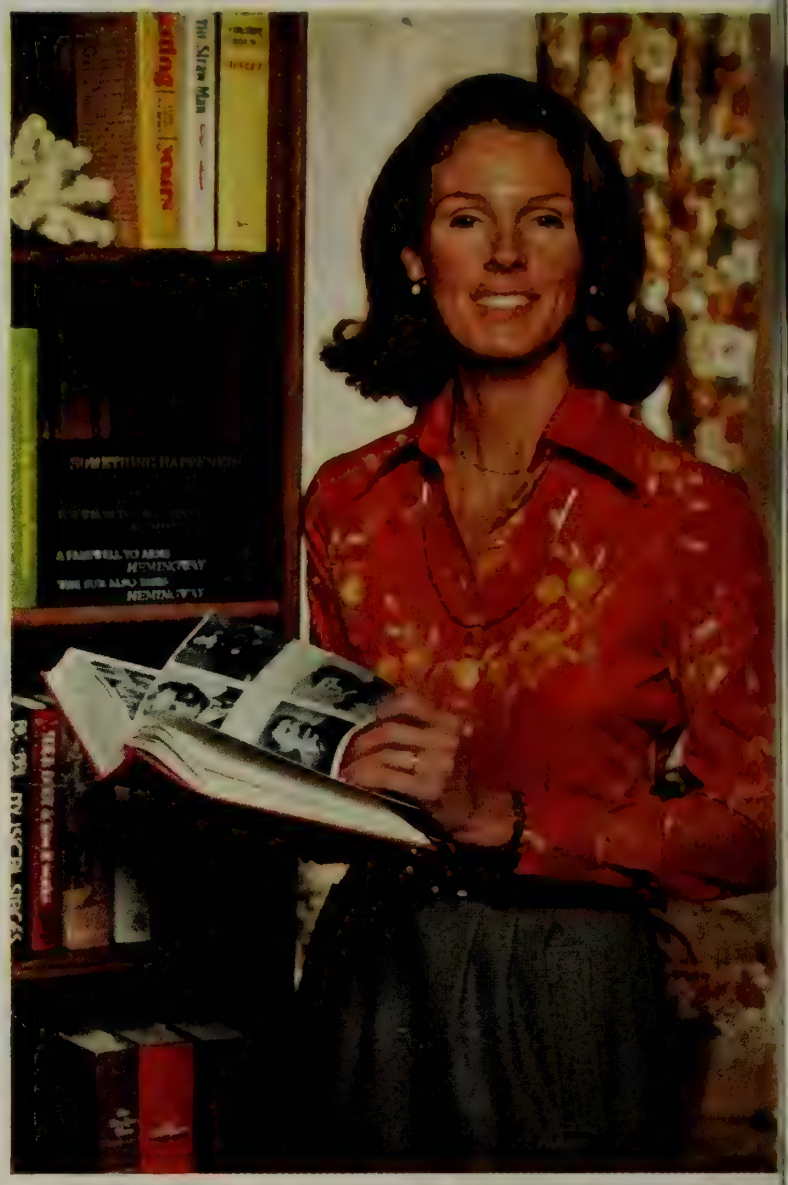



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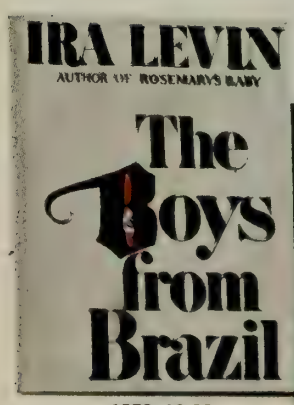
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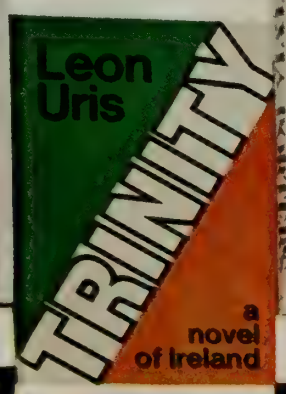
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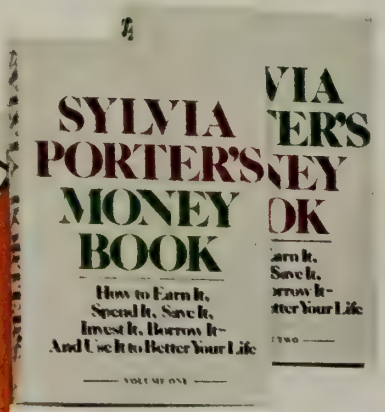
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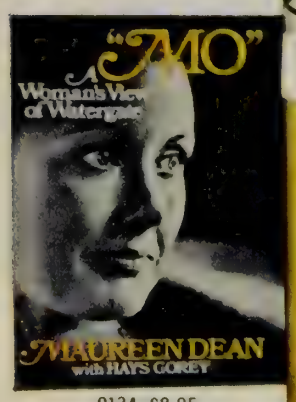

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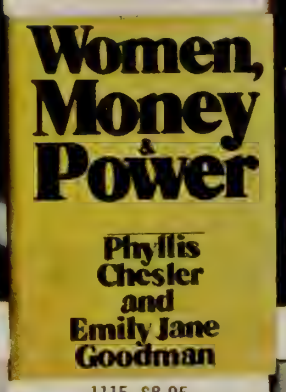

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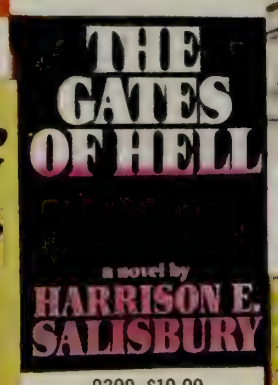

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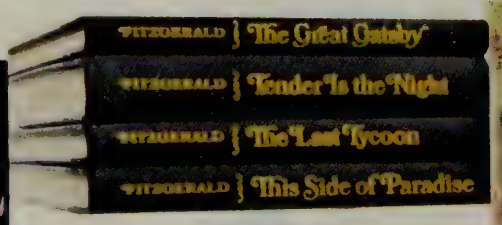

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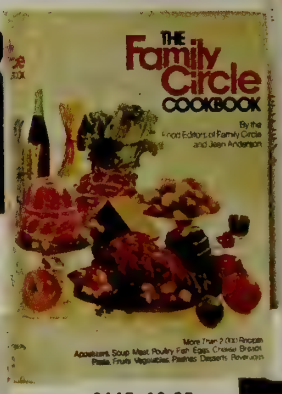

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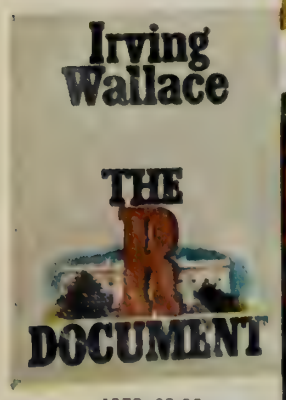

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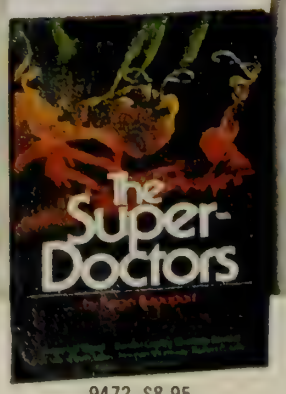

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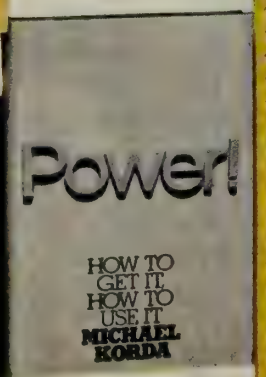

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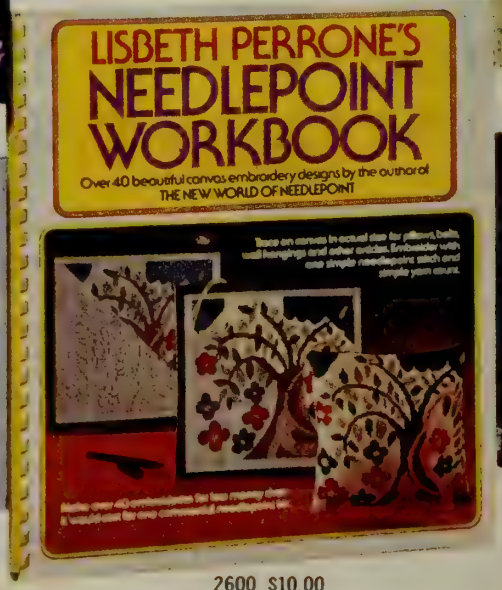

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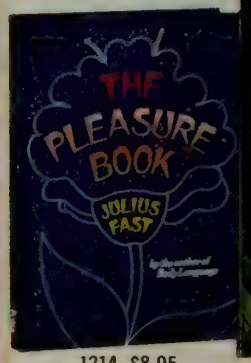

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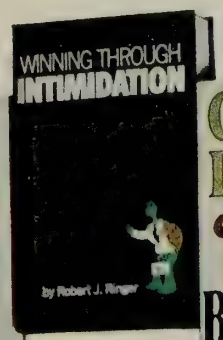
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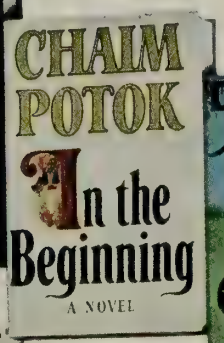
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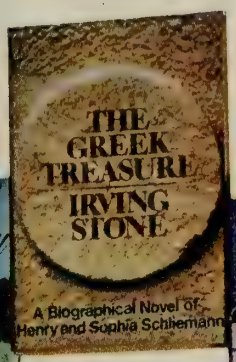
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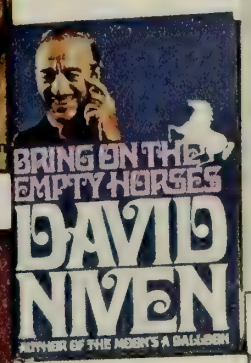
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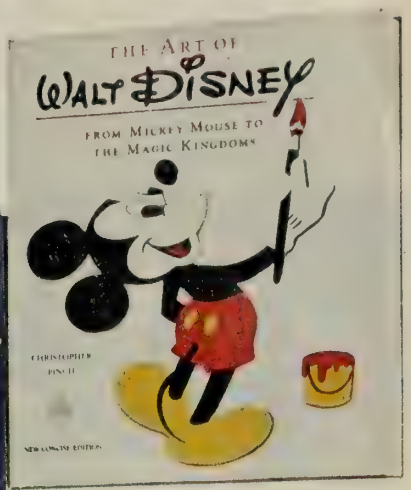
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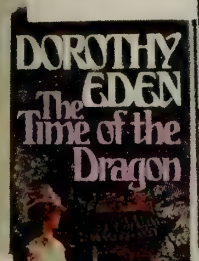
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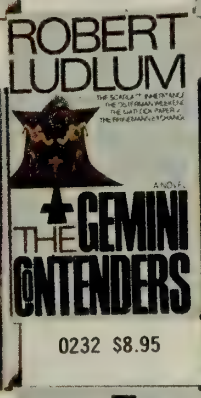
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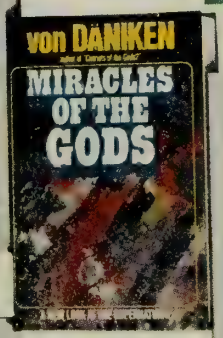
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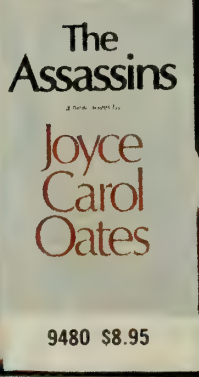
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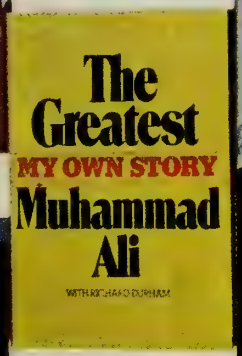
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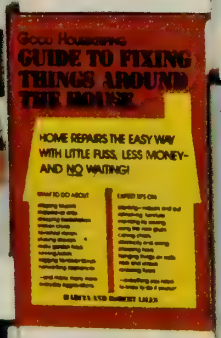
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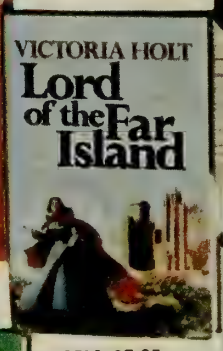
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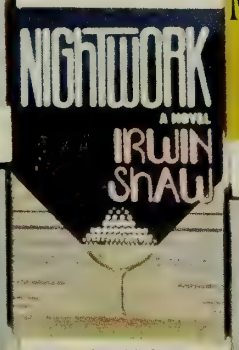
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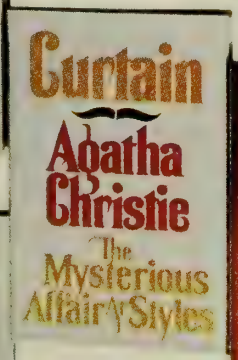
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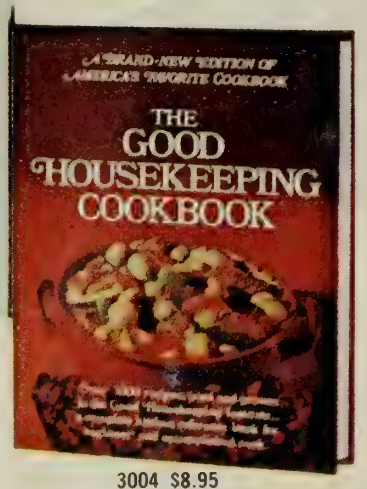
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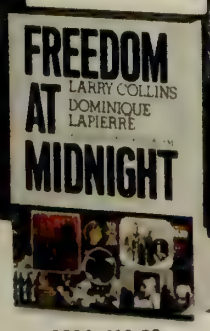
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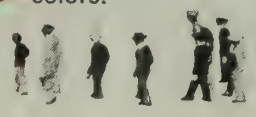
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# WHAT HAPPENS IF YOU BECOME DISABLED

Suppose a crippling disease or accident prevents you from working for months or even years. Where will you get the money to keep your family going? What if your disability prevents you from returning to your chosen occupation, though you can do other, less satisfying work? Must you take a job you don't want?

Suppose you are a housewife, and a bad back requires you to be inactive for a year. Is there any way you can collect some income to help pay for household help? Or, say you work full time but are sidelined for several months because of pregnancy complications. Can you collect any income while you're out?

Such questions should concern almost every family these days, with costs so high and each dollar crucial. Experts estimate that nearly one-third of all people aged 35 years old today will suffer a disability of three months or longer before reaching age 65. Of these individuals, 25 percent will be disabled for more than a year, others for the rest of their lives. Yet few people are adequately covered for income loss due to disability.

How can you best protect yourself and your family? Start by examining what you might collect now, and for how long, through sources already available to you. Figure what you would need to maintain a decent life-style for your family. Then shop for the best individual disability ("loss-of-income") insurance plan you can get to help bridge the gap between current coverage and your family's needs.

### What is a disability?

Accident or illness can be the cause, but the exact definition of a disability can make a considerable difference, both in how much you collect and for how long. A *basic disability* means one that would prevent you from engaging in your regular occupation. A *total disability* would keep you from engaging in *any* gainful occupation for which you are fitted by way of education, training, and experience.

Say your job required you to stand up and move around most of the time. Then, an accident makes it impossible for you to walk. You no longer can do your original job, but you could qualify for a desk job in the same industry. In that case, your disability probably would be considered "basic." If, on the other hand, your body were paralyzed so you could not qualify for any manual job at all, your disability could be considered "total."

Similarly, suppose you are a dentist and you lose the use of your hands. You could not practice anymore, but you could still work in your chosen field—say, as a teacher—so your disability would not be called total.

Keep these distinctions in mind when you examine the source of disability income. What a "total" disability means to one company or agency won't necessarily qualify for the same benefits with another. Also, some sources may be more stringent about facts such as whether or not you are under continuous medical care. Examine details about "partial" disability as well.

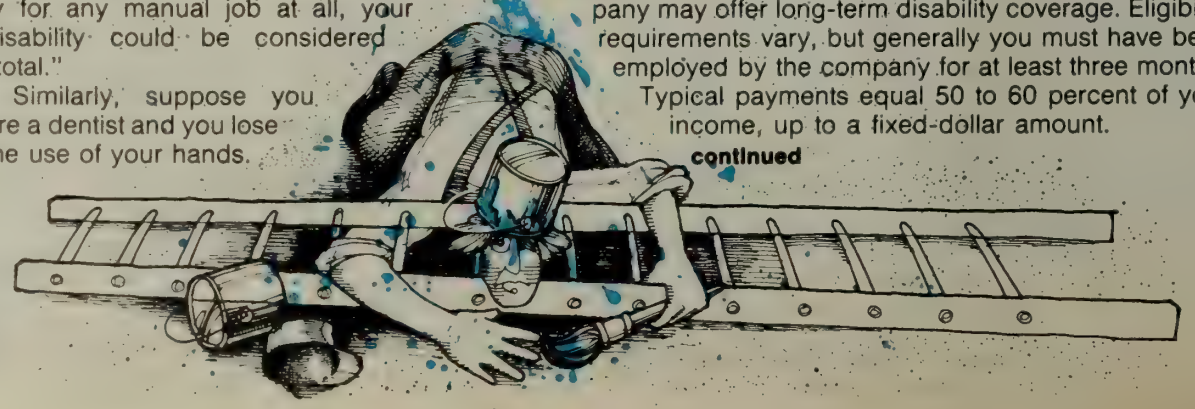
### What income could you get now?

Probably a number of sources are available to you, but it's important to study the details in terms of qualifications, payment amounts, and duration. Some possibilities:

- **Sick-leave or wage-continuation plans.** Such plans—through your employer or union—would pay most of your income for a number of weeks or months.
- **Social security.** This applies normally just when the disability is severe or prolonged. Payments are the same as what you would collect after retirement, but qualifications are stiff. You must wait at least five calendar months, and even then you can collect only if the disability is "medically determinable" and can be expected to result in death or to last at least a year. Sometimes your spouse and children will receive payments, too.

  It's possible for a 25-year-old man disabled this year, with a wife and child, to earn up to $514.10 a month. A 35-year-old could collect up to $440.70; a 45-year-old, up to $369.70. (All figures presume maximum earnings under social security.) Check details on your situation with the local social security office.
- **Workmen's compensation.** In this case, your disability must have resulted from an accident or injury that occurred on the job, or an illness that is job-related. Maximum benefits generally run between 60 and 80 percent of your pre-disability wage, up to a dollar ceiling that varies from one state to the next. State law also dictates duration of payments. You can collect workmen's compensation benefits along with social security benefits, provided the combined amount doesn't exceed 80 percent of what you were making before you were disabled.
- **Veterans' insurance.** Anyone who has been in the armed forces and suffers a service-related disability during active duty, whether in wartime or peacetime, can collect some monthly income. The degree of disability dictates the size of the check. The basic range is from $32 to $584 a month, though some kinds of total disability may warrant even higher payments.
- **Long-term group insurance.** In addition to providing short-term salary-continuation plans, your company may offer long-term disability coverage. Eligibility requirements vary, but generally you must have been employed by the company for at least three months. Typical payments equal 50 to 60 percent of your income, up to a fixed-dollar amount.

**continued**



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*Brands having up to 60% more tar than MERIT!*

The reason is 'Enriched Flavor.' An extraordinary taste find developed and perfected after years of research at our Richmond Research Center.

And it's only in MERIT. At 9 mg., lower in tar than 98% of all cigarettes sold today.

If you smoke—you'll be interested.

**Taste-Tested By People Like You**

9 mg. tar MERIT was taste-tested against five current leading low tar brands ranging from 11 mg. to 15 mg. tar.

Thousands of filter smokers were involved, smokers like yourself, tested at home.*

The results were conclusive.




MERIT and MERIT MENTHOL

*Even if the cigarette tested had 60% more tar than MERIT, a significant majority of all smokers tested reported new 'Enriched Flavor' MERIT delivered more taste.*

Repeat: delivered more taste.

In similar tests against 11 mg. to 15 mg. menthol brands, 9 mg. tar MERIT MENTHOL performed strongly too, delivering as much—*or more*—taste than the higher tar brands tested.

You've been smoking "low tar, good taste" claims long enough. Now smoke the cigarette.

MERIT. Unprecedented flavor at 9 mg. tar.

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*American Institute of Consumer Opinion. Study available free on request. Philip Morris Inc., Richmond, VA 23261.

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9 mg. "tar," 0.7 mg. nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.




Sometimes, a change of heart can change a lifestyle.
Sometimes, BankAmericard® can make all the difference.

continued

## Disability insura

Benefits with some plans may be reduced set") in relation to payr from other sources, suc social security, workm compensation, or no-fau surance payments. Some laws require these offsets frozen at the time of disa regardless of what income come in from other source er on.

Under most group p when you return to wor part of a rehabilitation gram, a goodly portion of earnings—often 80 perce is deducted from your ong disability benefits. The l the percentage to be dedu the more you will make b turning to work—a good in tive for seeking rehabilita and getting back on the jo

Some group plans also vide pension accrual, so the years you are unabl work are still counted as y of service toward particip in your company's per plan.

Generally, your empl and you share the monthly mium costs of your group ability plan—probably ju few dollars. Any benefits receive as a result of your contributions are tax-free to $433 a month in ben stemming from your emp er's share can be tax-free,

### How much more disabili income will you need?

It's possible to arrange y disability income plans so would collect an amount c to what you take home f your job right now. Don't be ceived by the lure of s "work-free" income, howe Your disability benefits i not last forever. Your qualit tion could be questionable benefit periods might run And, you would be locked a relatively fixed income— spite social security hike that might not keep up with flation. Your best income centive for the future should to seek rehabilitation so can get back on the job.

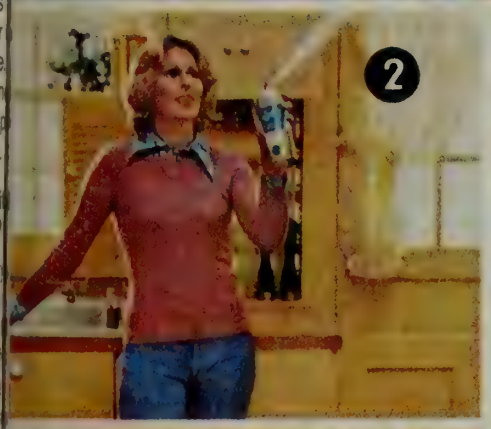
In figuring your disab needs, keep in mind that be fits from social security, wo men's compensation, and i vidual plans are tax-free up a certain percentage of your come. Even payments from ployer-donated sick pay r be tax-free for up to $10 week.

Taking the tax situation i account, plus about six p

**continued**

# Six reasons why even the cleanest homes need Lysol® Spray.
















Even the cleanest homes have germs and odors. That's why it's so important to keep Lysol Spray on hand.

Lysol Spray kills household germs, including germs that cause odors. Make Lysol Spray the important final step in cleaning—every day.

1. Get rid of smoke and stale odors trapped in fabrics.
2. Clean the air of cooking and other odors.
3. Kill the germs that cause odors in garbage cans.
4. Eliminate pet odors.
5. Kill athlete's foot fungus on shower floors.
6. Kill mold and mildew and their odors on the shower curtain.




## Lysol® Spray kills household germs, including germs that cause odors.

continued

## Disability insurance

cent for social security and another five percent or so for other job-related expenses (such as work clothing and transportation), you can figure what you'll need fairly exactly —probably about 60 percent of your regular income. If you're a high-income earner, you may have some problems, since most private insurers won't go over $3,000 (sometimes $5,000) a month, and state laws keep a ceiling on some benefits.

Still, you can hit a pretty good ball-park figure by shopping around to mesh your government and group benefits with private policies. Remember, though, that the more you fill all the holes, the more you'll probably pay in premiums. Take time to figure how you could get by on a lower income, too.

### How can you fill the gaps?

Plan your disability insurance in three stages. The first should allow a waiting period that will match your company sick-leave pay; the longer the wait, the lower the premium. The second should aim for at least 60 percent of your current pre-tax earnings to cover you between the time when your sick-leave pay period ends and social security payments begin. That would be at least five months after the disability occurs—and possibly a year, in view of the social security 12-month-or-longer restriction. Last, arrange for reduced payments to supplement social security when it starts.

Here's what to look for as you shop for the right supplementary coverage:

**1.** *Definition of disability.* How does the policy distinguish between "basic" and "total" disability? What are the rules about going back to work? Must you take up any job, or can you collect if you cannot earn your living in the same kind of job you have now? (That "current-livelihood" clause probably will cost you more in premiums.) Are there time limits ("indemnity periods") after which your ability to pursue any occupation, rather than just your chosen occupation, will alter the definition of the disability? What provisions are there for partial disability? What about rehabilitation plans?

**2.** *Restrictions.* Are problems such as mental illness covered? What happens with physical conditions that existed prior to your signing up for the policy? (They're probably not covered at all in individual contracts.)

**3.** *Benefit period.* The longer the period, the higher the cost. Typical long-term contracts provide benefits to age 65 for illness, and for life in the case of accidents.

**4.** *Waiting ("elimination") period.* That's the interval between the start of the disability and the beginning of payments. Typical periods are seven, 14, 30, and 90 days. If your resources are such that you can stretch this period by covering your expenses out of pocket, take the longer waiting period; it costs less.

**5.** *Renewability.* "Noncancellable" and "guaranteed renewable" policies are the best, as their names suggest—and the most expensive. With "optionally" or "conditionally" renewable policies, the insurer can refuse to renew at certain specific times, such as premium-due dates, your retirement, or certain ages. "Cancellable" policies, cheapest of all, allow the company to drop you any time just by sending notice and returning the proper proportion of your premium; these arrangements are banned in some states.

**6.** *Costs.* Premiums for similar coverage can vary from one company to the next, so it pays to shop around. Costs for women are generally 40 to 50 percent higher than for men (see next section). Here are typical annual premiums (approximate) for $1,000 a month until age 65, with a 90-day waiting period, on a "guaranteed renewable" policy for a *basic* disability:

| Age | Men | Women |
|---|---|---|
| 25 | $238 | $350 |
| 35 | $359 | $533 |
| 45 | $529 | $789 |

Naturally, the more the benefit, the higher the premium.

### What about women?

Some specific questions are under debate right now about women and disability insurances. Issues being discussed:

- **Group benefits.** For the most part, group disability policies provided on the job now offer identical benefits to women and men. In fact, a number of states have passed laws requiring equal benefits, and those states lagging behind seem ready to follow suit.

**continued**





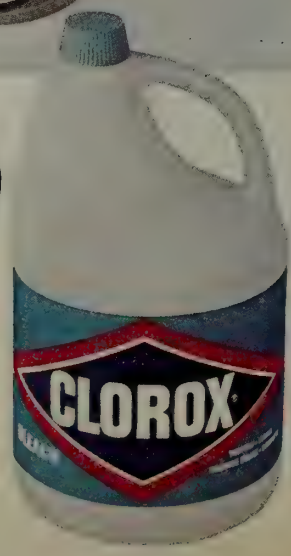
Unretouched photos of Clorox liquid bleach removing blueberry stain. Total time, 4 seconds.

# CLOROX. THE 4-SECOND SINK STAIN REMOVER.

**NO SCOURING. NO GRITTY RESIDUE.**
Just run water and add Clorox® liquid bleach. Everyday food stains like tea, coffee and berry juice simply disappear. In seconds. Even the stubborn, set-in kind. (For occasional rust and pot marks you'll still need your cleanser.)

So let Clorox clean *your* sink, the easy way. Clorox is not only a great stain remover, it's also a great disinfectant, so it makes short work of germs, too. See label for instructions.

**CLOROX DOES MORE THAN THE WASH.**




©1976 The Clorox Company

# Congoleum®

## The most no-wax cushioned floors in your color. Like 22 in Blue.

And this blue is all new. It's just one of the Prestige collection, based on authenticated designs from the many lands that have made up the heritage of America.

These inspired designs feature the convenience of all our no-wax, Shinyl Vinyl® floors, and the comfort of cushioning. A no-wax, Shinyl Vinyl floor stays fresher looking longer, usually with just sponge mopping. In time, a reduction in gloss will occur in areas of heavier use. We recommend Congoleum Vinyl Dressing to provide a higher shine, if preferred.

See this great new collection and choose your floor in your color. Find us in the Yellow Pages under "Flooring".

Pattern #45001 shown.



# At home at the most beautiful dinners in America.



nued

## ability insurance

companies offer equal fits whatever the state law.

**egnancy.** Most group poli- will pay medical benefits disability benefits) when plications result from preg- y. Some even pay medical fits for six weeks of nor- pregnancy. However, at ime it is unlikely you'll find ndividual plan that consid- pregnancy a disability, and group plans continue to ude it as such.

he issue is whether or not nancy should be a qualify- disability. Some insurers e that pregnancy can be a untary" condition, pecu- to females, and as a result difficult to integrate the dition into the laws of ability on which insurance s are figured.

Whether the inclusion of gnancy will be required by for all insurers depends on e test cases now before Supreme Court. If the in- sion does become law, the t of group disability insur- e will probably be raised rall.

**ndividual costs and bene-** Individual policies for men can run 30 to 50 per- t greater than for men, ugh some companies now ke them equal (a good fea- e to shop for). Also, benefits y not be as generous. The erence, say the companies, ue to statistics: Payout data this time indicates women ve more claims than men— re often, and for longer iods of time. Hopefully, se statistics will be kept up date by the companies and ependent auditors so that y change that would dictate adjustment of rates for men can be enacted mptly.

**Housewife insurance.** By d large, housewives cannot t disability income insur- ce. That's true even though very clearly can cost a fam- hundreds of dollars a month substitute labor when a man is unable to do her reg- ar tasks around the house. A w companies offer limited verage—for example, $200 month for up to a year, with a emium of almost $150 a year. one time other companies d offer some sort of compen- tion, as well as a rider to the sband's medical or disability verage, but at present these ans have been withdrawn on e grounds that they are a olation of equal rights princi- es. ■


*Have your legs ever felt so tired, walking seemed like climbing?*

*Then give them a little help. Give them Sheer Energy, the pantyhose with all-day massage. Slip them on, and you'll feel their massage right away. It's wild! Now, flex your leg and feel Sheer Energy's springy yarn massage even more. And there's something even wilder! The more you move, the more they massage.*

*So you feel stimulated and refreshed all day long. Your legs do a lot for you. Do something for them. Give 'em Sheer Energy. (They're at the L'eggs Boutique.)*

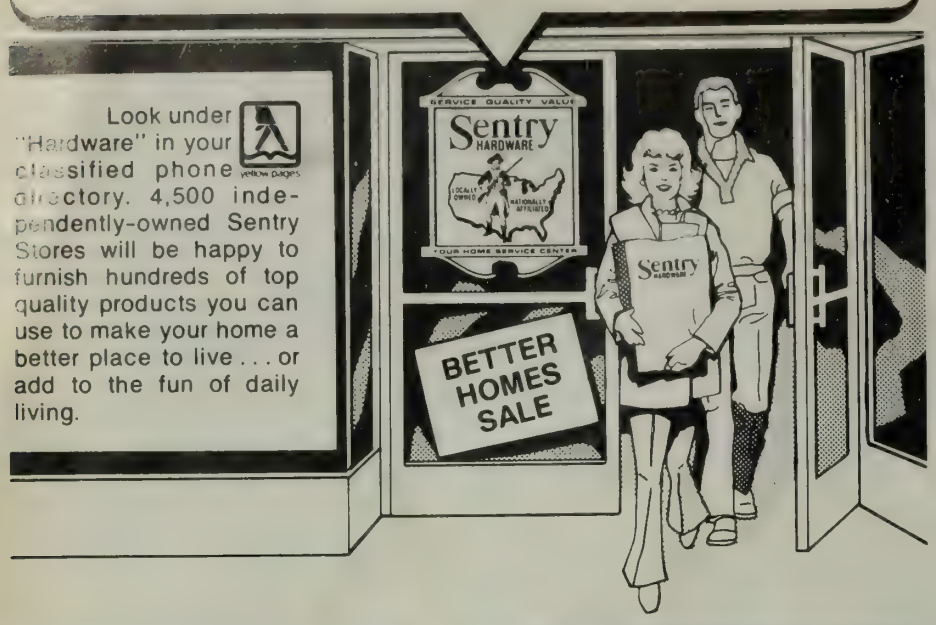
***Give your legs an all-day massage.***

L'eggs® SHEER ENERGY®

SHEER ENERGY®

*Now available in Canada.*

# It pays to shop at the store with the Sentry on the door




Look under "Hardware" in your classified phone directory. 4,500 independently-owned Sentry Stores will be happy to furnish hundreds of top quality products you can use to make your home a better place to live . . . or add to the fun of daily living.

Sentry®
**LIGHTWEIGHT HOLLOW BACK DIRT SHOVEL**

8¾-inch blade.
48-inch handle.
Ideal for garden or flower beds, transplanting trees, etc.

**$5.66**

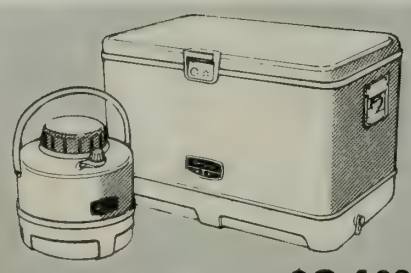


Sentry®
**POWER MOWER**

This 22-inch mower makes it easy to "care" for your lawn — large or small, flat or hilly. 3½ h.p., 4 cycle Briggs & Stratton engine.

**$109.95**





THERMOS®
**COOLER-JUG COMBINATION**

45-quart red, white and blue chest. One-gallon jug with pouring spout. Urethane insulated.

**$24.99** for both

G-B
**VINYL-GARD FOLDING FENCE**

Gothic design.
18 inches high.
8 feet long.
Adds to attractiveness of flower beds.
Marks driveways, lawn edges.
Easy to remove for cutting grass.

**$1.89**




Minuteman®
**RUBBER-VINYL GREEN HOSE**

Fortrell® reinforced.
Remains flexible in cold weather.
Full flow brass couplings.

**$8.99**
50 feet ⅝ inch




**CLIP AND SAVE**




WD-40®

Lubricates.
Stops rust.
Penetrates.
Stops squeaks.

Loosens sticky mechanisms, locks, hinges, nuts, bolts . . . 11 oz. can.

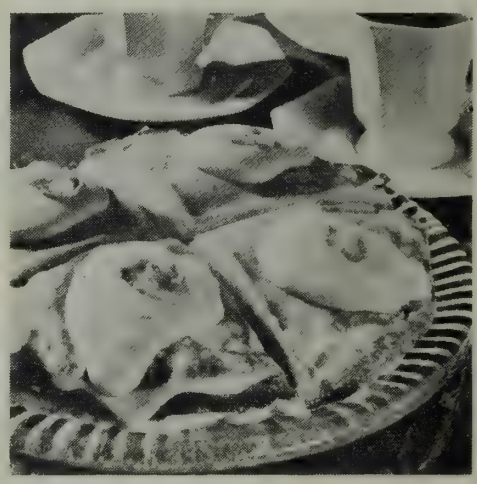
with coupon **$1.11**

Merchandise shown in this advertisement is available from participating Sentry dealers only. Offer expires May 15, 1976. Sentry dealers own their stores. They select their merchandise and set their own prices. These are subject to change without notice. There may be variations in products, available quantities and prices in individual stores . . . Sentry Hardware Corporation, Cleveland, Ohio 44113.
AA-4418


# CREPES COMING UP!



**Take any filling from ordinary to elegant, roll it up inside some delicate crepes, and you've created a very special dish. Crepes really aren't difficult to make. In fact, they're fun! A small skillet is the only "special equipment" needed to put you in business. Shown here are the traditional slant-sided skillet, a standard six-inch skillet, and the innovative "dip and bake" crepe pan that makes it even easier to produce the thin pancakes. You just dip the bubble top of the non-stick pan into a plate of batter, place the pan back on the burner, and let the crepe bake atop the pan. Our crepe directions are tailored to the six-inch skillet. When using a convex pan, follow the manufacturer's directions.**



**ORANGE CREME CREPES**

- **3 tablespoons all-purpose flour**
- **½ cup sugar**
- **1 cup orange juice**
- **½ teaspoon lemon juice**
- **1 beaten egg yolk**
- **1 tablespoon butter or margarine**
- **1 cup whipping cream**
- **2 slightly beaten eggs**
- **1½ cups milk**
- **1 cup all-purpose flour**
- **1 tablespoon sugar**
- **⅛ teaspoon salt**
- **1 teaspoon vanilla**

*To make orange creme filling:* In saucepan, combine the 3 tablespoons flour, the ½ cup sugar, and a *dash salt*. Stir in orange and lemon juices. Cook and stir over medium heat till mixture thickens and bubbles. Gradually add about *half* the hot mixture to the egg yolk, stirring constantly. Return all to saucepan. Cook and stir 2 minutes more. Remove from heat; stir in butter or margarine. Cover surface with waxed paper; cool. Beat whipping cream till soft peaks form. Fold whipped cream into cooled orange mixture. Set aside.

*To make crepes:* In mixing bowl, combine the beaten eggs, milk, the remaining flour, sugar, salt, and vanilla. Beat smooth with rotary beater. Lightly grease a 6-inch skillet; heat. Pour 2 tablespoons batter into skillet; lift and tilt pan from side to side till batter covers bottom. Return to heat; brown one side only. Invert onto paper toweling. Repeat with remaining batter to make 16 crepes in all. Stack 8 of the crepes, spreading about 2 tablespoons of the filling between each. Repeat to make second stack. Cut in quarters to serve. Dollop servings with remaining filling and orange peel. Makes 8 servings.



Photographs: Dieter

**ARD-FILLED**
**HA CREPES**
*ightful warm dessert—*

**g**
**p milk**
**p all-purpose flour**
**easpoons sugar**
**aspoon instant coffee crystals**
**aten eggs**
**p milk**
**blespoons sugar**
**blespoons chopped pecans**
**aspoon vanilla**
**p water**
**blespoon cornstarch**
**p light corn syrup**
**aspoon instant coffee crystals**
**blespoon butter or margarine**
**aspoon vanilla**

*make crepes:* In mixing , combine the 1 egg, the ¾ milk, the flour, the 1½ teaons sugar, the first teaspoon e crystals, and *a dash salt.* smooth with rotary beater. tly grease a 6-inch skillet; . Pour 2 tablespoons batter skillet; lift and tilt pan from to side till batter covers bot- Return to heat; brown one only. Invert onto paper ling. Repeat with remaining er to make 8 crepes in all.

*o make filling:* In small sauce- combine the beaten eggs, the aining milk, and sugar. Cook stir over low heat till mixture s a metal spoon. Remove n heat; set pan in a bowl of water. Cover surface with ed paper. Cool without stir- . Stir in pecans and vanilla. each crepe with 2 rounded espoons of filling. Roll up place seam side down in 6x2-inch baking dish. Cover n foil. Bake in 350° oven 15 utes or till heated through.

*o make sauce:* In small sauce- , gradually blend the water the cornstarch. Add corn up and the remaining coffee stals. Cook and stir till mix- e thickens and bubbles. Reve from heat; stir in the butter margarine and the remaining illa. Pour sauce over crepes. kes 4 servings. ■


# Even though it was the lowest-priced model, the Maytag we got in 1964 is still washing away, writes Mrs. Wall.

THE MAYTAG COMPANY, NEWTON, IOWA WASHERS, DRYERS, PORTABLE WASHERS AND DRYERS, DISHWASHERS, DISPOSERS.



Mrs. Wall with poodle Pepi; her husband Jerry; Phillip, 12; Nancy, 10, with her chicken Scarlet.

***"Our economy washer has seen us through two babies...now 10 and 12." Only one repair in all these years.***

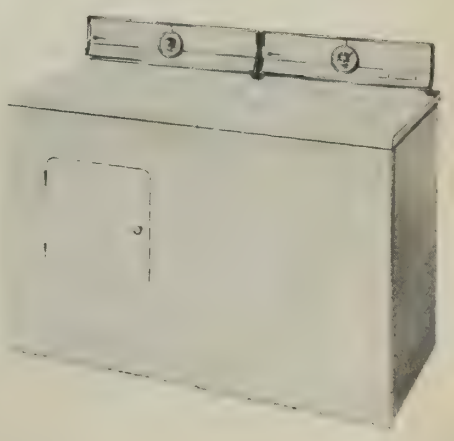
As Mrs. Coyet Wall has discovered, we build Maytag Washers to last longer and need fewer repairs than any other kind, and that goes even for our lowest-priced model.

"In 1964, as young marrieds, my husband and I looked at washing machines of all makes and prices," she writes from Cocoa, Fla. Like most newlyweds they had little money, says Mrs. Wall, so they bought the lowest-priced Maytag model.

Over eleven years later she writes, "I've been so happy with our decision to get a Maytag." Her economy model washed diapers for both the children, and today it's doing their sneakers, jeans, and scout uniforms, in addition to permanent-press and the rest of the family wash.

Mrs. Wall figures her Maytag has been averaging 10 to 15 loads a week for more than 11 years, but it has had just one repair.

Naturally, we don't say all Maytags will equal that record. But dependability is what we try to build into every Maytag Washer, Dryer, and Dishwasher.



MAYTAG
THE DEPENDABILITY PEOPLE



© 1969·1976 Clairol Inc.

# SILK AND SILVER TURNS GRAY TO GREAT.

Say goodbye to that yellow tinge. And let your gray hair shine. With Silk and Silver hair color lotion. It's a breeze to use. Just shampoo it in. It colors away unwanted yellow without peroxide. Evens out your different gray tones. And adds silvery highlights that frame your face in softness.

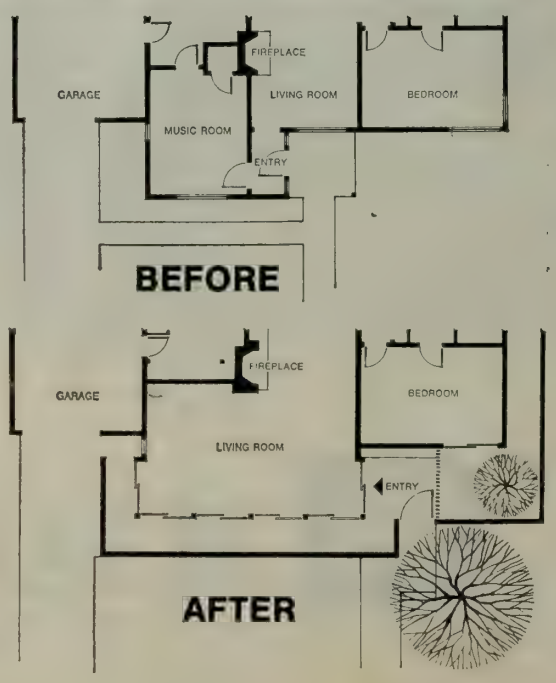



**SILK AND SILVER® HAIR COLOR LOTION.**
Your gray hair can be one of the best things you have.


## A great privacy wall for a busy street

Don't write off your house solely because the street out front is beginning to resemble the freeway at rush hour. Instead, consider building a low-cost wall to screen out the noise, seal in a sense of privacy, and snap up the styling.

Handy to work and situated in a desirable neighborhood, this house suited its owners perfectly, except for the increasing volume of noisy traffic on the street outside. To solve the problem, they called in an architect. He combined a privacy wall, plantings, and a revised floor plan to make this house more livable than ever.




The new sight-and-sound buffer is an eight-foot-high cement-block wall *(below)*, built about four feet out from the front of the house. Vines and espaliered shrubs soften the lines of the addition and add a custom look to the whole house.



A new flat roof cantilevers from the existing roof line and extends to the privacy wall, sheltering the shaded garden between house and wall. Plantings and supports for the new overhang break the starkness of the large expanse of wall.

The front door, carved in a geometric pattern, opens onto an enclosed patio that's separated from the living room by sliding glass doors. Exterior door and trim are painted charcoal to contrast with the white-painted cement blocks. One cement block was left out of the wall near the doorway to accommodate a custom mailbox, painted charcoal to match the trim.

The plans show the minor changes that were made inside. The new L-shaped living room inherited most of its space from the tiny former living room, music room, and

Architects: Schoell, Geritz, Paul, and Allard, Inc.
Photographs: George de Gennaro



entry; a few additional square feet in the front corner were borrowed from outside. Closing off the doors at the rear of the old music room and relocating them substantially reduced traffic into that portion of the new living area. And removing partitions gave the three-in-one room the spaciousness the homeowners wanted.

Lots of autos, buses, and pedestrians still pass by the living room *(above)* each day, but you'd never know it from the inside. While the new wall ensures privacy for the owners, there's no closed-in feeling. Six sets of sliding glass doors line the front and sides of the room. ■

# SUMMER ULBS FOR OLORFUL BORDERS

mounds of color and big s of exciting blooms, plant ties of summer-flowering throughout your flower s. Many of the plants below grow from winter- rhizomes, tubers, or , but are roughly classed as The initial cost of bulbs is than you'd pay for annual ng plants, but with a little ion to winter storage, your nominal investment will d you with many years of y. And offshoots from the al bulbs will increase your y.

**arf dahlias.** From early er until frost, vivid blos- appear in abundance above lossy foliage of the low, led plant. Dahlias are ideal isplay toward the front of nny border. There are many ties that offer any flower you could want.

**nene lilies.** Two-foot spikes ectacular, lily-like white or w blossoms make the ismene l eye-catcher. It blooms just in early summer, but its strap leaves give sunny areas ical look.

**warf cannas.** These minia- of the one-time giant will cely into a sunny flower bed. sturdy, three-foot plants have rounded heads of flowers wide, tropical-looking leaves. ll want to mass several of small wonders.

**gridias.** You should try this ual plant from Mexico. Its hot-colored blossoms reflect outh-of-the-border heritage. middle of the border is best he two-foot-tall tigridias.

**ladiolus.** Spikes of gorgeous rs can be as attractive in the len as they are in arrange- ts. Stake these two- to three- beauties for straight stems.

**aladiums.** Their beautifully erned and colored leaves are rpassable for shady spots. 'll want these plants out in t of your border. Try a few ots for a protected patio or ace.

**uberous begonias.** You ld hardly make a better choice pots, planters, and flower beds shaded locations. Tuberous onias have perfectly formed ssoms in vivid colors, and out- ding foliage, too.

ll the bulbs listed above must dug and stored during winter nths. The basement and ted garage are ideal for this pose. ■


Volaré



CHRYSLER CORPORATION

**The accent is on comfort... and space.**

The comfort in our new kind of small wagon starts with the doors. There are 4, not 2, like some other small wagons. And every one of those doors is wide for easy entry.

**You and your packages. Handled with care.**

The comfort and convenience extends to handy storage compartments. And a liftgate with gas pressure props for easy opening (they disappear when closed).

Inside, Volaré has 70% as much cargo space as an average full-size wagon. And yet it is 2 feet shorter, 1,200 lbs. lighter and $1,500 less expensive.

**Small wagon efficiency. Big wagon ride.**

The Volaré is very easy on gas. According to E.P.A. estimated mileage results, of all Volarés, the wagon did best—30 mpg on the highway, 18 in the city—equipped with 6-cylinder engine and manual transmission. Your actual mileage may differ, depending on how and where you drive, the condition of your car and optional equipment.*

The Volaré is easy on you, too. Because it has an Isolated Transverse Suspension System (pat. pend.) that gives you a smooth, comfortable ride like a big car.



**And here's "The Clincher."**

For the first 12 months of use any Chrysler Corporation dealer will fix, without charge for parts and labor, any part of our 1976 passenger cars we supply (except tires) which proves defective in normal use. Regardless of mileage. The owner is responsible for maintenance services such as changing filters and wiper blades.

And the part about "regardless of mileage" is especially nice. Because Volaré is one wagon you're going to love to drive. Volaré.

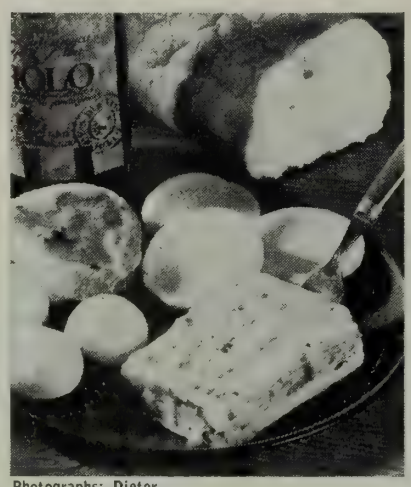
**The new small wagon from Plymouth.**

*In California, see your dealer for engine availability and mileage data for California equipped vehicles.




# HEAD-START CAMP FOOD

Why not get a good start on camping meals at home? Then when you get to camp, most of the work has been done. We've translated a favorite Swiss meal —raclette—into great campfire fare. Melt the cheese bricks over an open fire and spread on potatoes and artichokes, or French bread. Or if you want to turn out traditional vittles with less trouble, make up Whole Wheat Biscuit Mix. At the campsite, add water and an egg for skillet biscuits and whole wheat pancakes in just an instant.



Photographs: Dieter

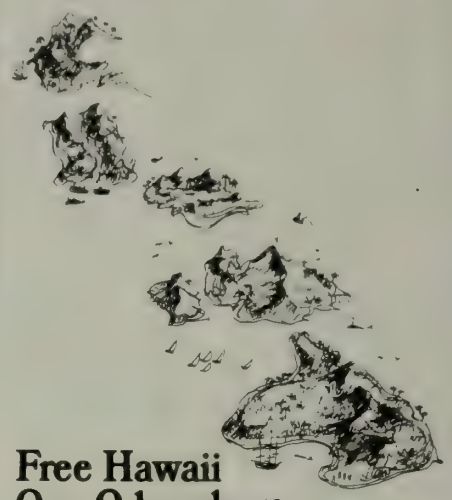
**INDIVIDUAL CHEESE MELTEDS**

- **2½ cups (10 ounces) shredded process American cheese**
- **8 slices bacon, crisp-cooked, drained, and crumbled**
- **2 tablespoons chopped pimiento**
- **2 tablespoons chopped parsley**
- **1 teaspoon prepared horseradish**
- **⅛ teaspoon pepper**
- **¼ cup milk**
- **4 tablespoons butter or margarine, softened**
- **1 16-ounce can whole new potatoes, heated and drained**
- **1 14-ounce can artichoke bottoms, heated and drained**
- **1 loaf French bread, sliced**

In small mixer bowl, combine cheese, bacon, pimiento, parsley, horseradish, and pepper. Heat milk to boiling; immediately pour over cheese. Beat with electric mixer till nearly smooth, about 10 minutes. Beat in softened butter or margarine. Chill about 1 hour. Shape into 6 individual bricks. Wrap and chill several hours or overnight. Keep chilled at campsite.

*To serve at campsite:* Unwrap cheese bricks and place on long-tined forks. Heat in campfire or over coals till cheese on surface begins to melt. Scrape off melted portion and spread over vegetables and bread. Continue melting and scraping cheese. Makes 6 servings.


# Send for your passport to Polynesia.



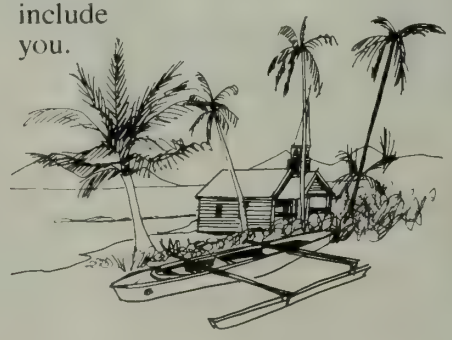
## Free Hawaii One-O brochure.

Variety: that's Hawaii One-O vacations. A freewheeling week in Waikiki is just the first choice in this guide to Hawaii. It starts with your private taxi from the airport, and includes a Passport to Polynesia with free admission to four unique Hawaii attractions.

Other-island options are available, including a fly/drive vacation. And Hawaii One-O offers a host of optional excursions around the Neighbor Islands.

In the friendly skies, it's Royal Hawaiian Service for you, with exotic drinks, Hawaiian stewards, Polynesian food . . . all the atmosphere of the Islands.

See the Hawaii of your choice; send for your free guide to a wide range of prices and hotels that are sure to include you.



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Please send your free Hawaii One-O vacation guide.

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**Our little corner of the world.**

UNITED AIRLINES


**QUICK WHOLE WHEAT MIX FOR PANCAKES AND BISCUITS**

- **8 cups all-purpose flour**
- **2 cups whole wheat flour**
- **1 cup nonfat dry milk powder**
- **⅓ cup baking powder**
- **¼ cup sugar**
- **1 tablespoon salt**
- **2 cups vegetable shortening**

In large mixer bowl, thoroughly stir together flours, dry milk powder, baking powder, sugar, and salt. Cut shortening into dry ingredients till mixture resembles coarse meal. Store in covered container up to 6 weeks at room temperature. To measure, stir mixture lightly. Spoon into measuring cup; level with spatula. Makes 13½ cups.



*To make pancakes:* Beat 1 egg in a bowl. Add 1 cup water. Stir in 2 cups of the Quick Whole Wheat Mix. Beat smooth. Bake on hot, lightly greased griddle using ¼ cup batter for each. Makes 8 four-inch pancakes.

Buying information, page 136



*To make biscuits:* In mixing bowl, make a well in 1½ cups of the Quick Whole Wheat Mix; add ⅓ cup water all at once. Stir quickly with fork just till dough follows fork around bowl. Dust hands with some additional flour. Shape dough into a ball. Divide into 6 equal portions; pat each into a round patty about 3 inches in diameter. Melt 1 tablespoon butter or margarine in a large heavy skillet over low heat; add patted biscuits. Cook slowly, uncovered, till brown on bottom, about 10 minutes. Turn and bake on other side till biscuits are baked through, about 10 minutes longer. Serve with butter and honey, if desired. Makes 6 biscuits. ■

# "Well, honey... how do I look?"

## It's static cling season. Better use Downy.




It's that time of year. Clothes are clinging. Hiding. Bunching up. Sticking together. But you can forget those static cling troubles with Downy.®

At the same time Downy rinses in softness and April Freshness, it helps rinse out static cling. Before it even starts.

That's such a sensible way to help keep clothes from clinging to each other. And clinging to your family.

## Downy. A noticeable improvement.

# Decorate your kitchen by phone.



Shouldn't your kitchen be the tastiest room in the house? A Design Line* phone can help.

Like the Accent model shown above, Design Line phones are a beautiful way to express your personality as well as your words. In any room. They also make terrific gifts.

For complete details, call your local Bell Telephone business office. (The Design Line phone housing is owned by you. The working parts remain ours, so if there's ever a problem, we'll fix it. In most areas, Design Line phone prices start as low as $59.95.)



**Design Line phones from the Bell System**

*Trademark of American Telephone and Telegraph Company

With some Design Line telephones, certain hearing aids may require an adapting device available from your local telephone company.


thane varnish) came to under $25, includi coordinated baseboard trim.

To duplicate our "strawberry patch," yo need four 8x2½-foot rolls of gift wrap the center and two rolls of coordinated pa for the border and baseboard ($1.25 per ro Paper is applied to the floor with wallpa paste (under $2 per box), and sealed with s eral coats of high-quality polyurethan You'll need about ¾ of a gallon ($18 p gallon) of polyurethane.

For our patch "rug," we chose an over strawberry print and a coordinated tile-li print from a collection of contemporary g wrap paper (see Buying Guide, page 13 Any other combination of gift wrap or wa paper will work equally well, as long as t paper you select for the center is a nondire tional design and the trim paper provides distinct contrast.

*Instructions:* The exact proportions of yo paper patch will depend on the designs y choose. The inside portion of our "ru measures 81 x 104½ inches; the tile bord is 8 inches (two tiles) deep. Finished size i feet 1 inch x 10 feet ½ inch.

**1.** Apply paper to a clean, smooth su face. If you're applying your paper to an thing other than a white or light-color floor, first give that area a coat of white pai Darker colors or stained wood will tend show through gift-wrap-weight paper wh the paste is applied.

**2.** Prepare floor with a thin coat of hig quality, "moisture cure" polyurethane, f lowing instructions on the container. Let dr

**3.** Cut the center portion of the "rug" desired size and apply to the floor with wa paper paste, following package directions f lightweight paper. When patching paper t gether, be careful that edges overlap no mo than ¼ inch, as the polyurethane coating w make the paper slightly translucent and ove lapping patterns will show through.

**4.** Next, cut and apply borders, careful aligning edges of tiles. Our border measur 89 inches (30 tiles) on the short side, a 112½ inches (38 tiles) on the longer sid Tiles butt at right angles to each other corners of "rug."

**5.** Give the entire floor a thin coat of pol urethane. Let dry. Follow with a secon heavier coat of polyurethane.

We recommend recoating the floor on a year to keep it shiny and preserve the finis Properly protected, your paper strawber patch will give you years of cheery servi and easy upkeep! ■

# *How to paper your floor with a "Strawberry patch"*

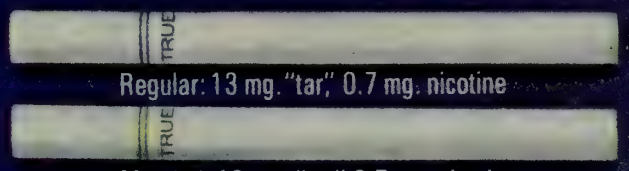


*Paper* the floor? That's what we said! It's an easy, inexpensive alternative to traditional floor coverings, and the pattern possibilities are endless.

Materials for the 8x10 paper "rug" on our cover (gift wrap paper, paste, and polyure-

# U.S. Gov't. tests* show True 100's lowest in tar of all these 100's.

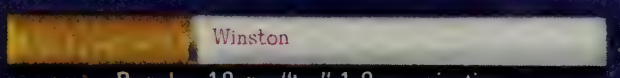
(Compare yours with True)



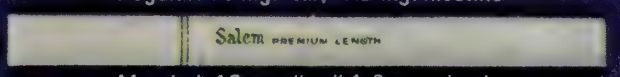

Regular: 13 mg. "tar," 0.7 mg. nicotine



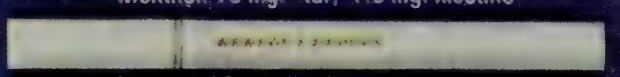

Menthol: 13 mg. "tar," 0.7 mg. nicotine



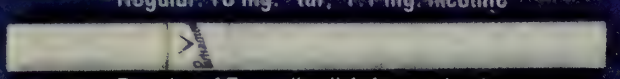

Regular: 18 mg. "tar," 1.2 mg. nicotine



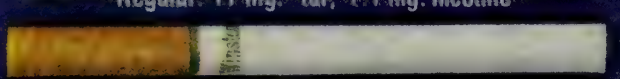

Menthol: 19 mg. "tar," 1.3 mg. nicotine



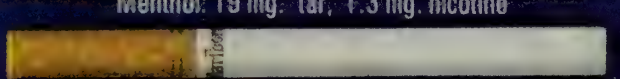
Regular: 18 mg. "tar," 1.1 mg. nicotine



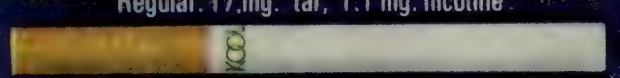
Regular: 17 mg. "tar," 1.1 mg. nicotine



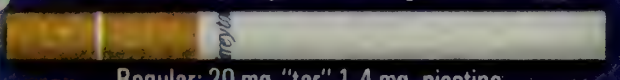
Menthol: 19 mg. "tar," 1.3 mg. nicotine



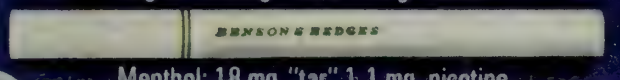
Regular: 17 mg. "tar," 1.1 mg. nicotine



Menthol: 17 mg. "tar," 1.2 mg. nicotine



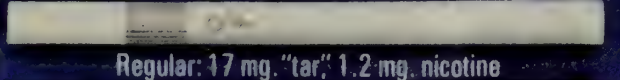
Regular: 20 mg. "tar," 1.4 mg. nicotine



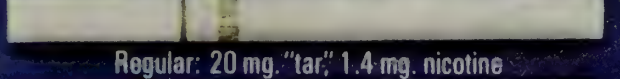

Menthol: 18 mg. "tar," 1.1 mg. nicotine



Regular: 17 mg. "tar," 1.0 mg. nicotine



Regular: 17 mg. "tar," 1.2 mg. nicotine



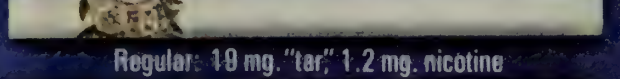
Regular: 20 mg. "tar," 1.4 mg. nicotine



Regular: 17 mg. "tar," 1.1 mg. nicotine



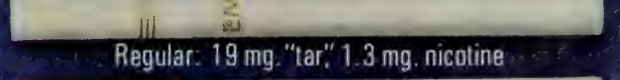
Regular: 17 mg. "tar," 1.1 mg. nicotine



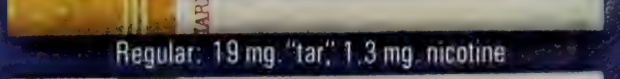
Regular: 19 mg. "tar," 1.2 mg. nicotine



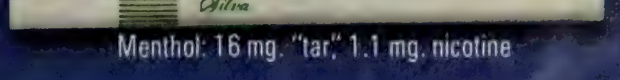
Menthol: 16 mg. "tar," 1.2 mg. nicotine



Regular: 19 mg. "tar," 1.3 mg. nicotine



Regular: 19 mg. "tar," 1.3 mg. nicotine




Menthol: 16 mg. "tar," 1.1 mg. nicotine

Tests for tar and nicotine by U.S. Gov't. prove it. True 100mm is lowest in both tar and nicotine of all these leading 100mm cigarettes.




*SOURCE: FTC Report November 1975.
**Of all domestic brands, lowest yield:**
2 mg. "tar," 0.2 mg. nicotine: 70 mm length.
TRUE 100's Regular and
100's Menthol: 13 mg. "tar," 0.7 mg. nicotine
av. per cigarette, FTC Report Nov. 1975.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

# HOW TO BUY BINOCULARS

When you're shopping for a pair of binoculars and a salesperson asks you, "Which do you prefer, 7x35 or 10x50?" don't be intimidated. That numbering system is easy to understand, and once you get the hang of it, picking the right pair of binoculars should be a snap.

### HOW TO DECODE THE NUMBERS

That first number followed by an "x" indicates the power of magnification. Bino marked 7x, for examp make an object seem times closer, or seven larger than it appears naked eye.

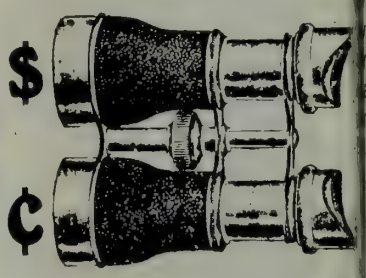
The second number, s the 35 in 7x35 binocul the diameter of the obj (front) lens in millimeter is the factor that deter light transmission or bright the image appear

### DON'T OVERPOWE YOURSELF

As magnification incre small hand tremors ha more noticeable effect, m steady viewing more dif You'll probably find s power binoculars offer a magnification without dis ing tremor. Anything over power requires some more substantial than h held support. To determin power you're capable of dling, look at a detailed o some distance away thr binoculars of various po Hold the binoculars on th ject for at least three mi to test your steadiness.

### LOOK FOR A BIG FIE OF VIEW

Field of view is the dian of the image seen at any g distance. Since the fiel view varies among binocu the industry has settled u another uniform nume code. If 460′ is stamped or binoculars you're loo through, the field of view i image 460 feet in diamete 1,000 yards. All other fac being equal, the wider the of view consistent with op quality, the better. You'll more of the action while n ing the binoculars less.




### THERE'S A DIFFERENC IN QUALITY

When shopping, comp two similar binoculars (i 7x35 with 460′ field) that di widely in price. Try readin magazine cover or small s on the opposite side of store. While both glasses bring the image seven tim closer, you'll probably n that one pair makes the ima sharper than the other. T capacity to retain detail a clarity is called *resolution definition*. Good resolution





Pinto MPG Squire Wagon.

## Easy to load.




## Easy on gas.




## Easy to handle.




## Easy to buy.

*Base sticker price excluding title, taxes, destination charges, WSW tires ($33) and wheel covers ($28).

**Easy to load**
The easy-to-open liftgate at the rear is counter balanced. So, with a mere touch of the hand, it floats up and open...to over 57 cu. ft. of cargo space. The low, flat floor means easy loading, no high lifting.

**Easy on gas**
Pinto's thrifty yet peppy 2.3 liter 4-cylinder overhead cam engine is bigger than any of the leading imports. Yet, it's rated 34 mpg highway; 24 mpg city. These are EPA estimates with manual transmission. Your actual mileage will vary depending on your car's condition, optional equipment and how and where you drive. California ratings slightly lower.

**Easy to handle**
Pinto's precise rack-and-pinion steering makes it easy to steer. Its turning circle is smaller than VW Rabbit, so Pinto's easy to park in the tightest spots.

**Easy to buy**
Pinto's price includes dual hydraulic brake system with front disc brakes, floor-mounted 4-speed manual transmission, solid-state ignition, high-mileage 2.3 liter OHC engine, Ford Lifeguard Design Safety Features, and more. Add it up. You'll see why Pinto's the world's best-selling wagon.

**The closer you look, the better we look.**

FORD PINTO

FORD DIVISION Ford

from carefully produced
al components. Binocu-
with good resolution are
expensive, but they
e less eyestrain.

### E THE MOST OF LIGHT

vo factors determine a bin-
ar's ability to transmit
to your eyes: optical sur-
coating and size of exit
l.

ost modern binoculars
e a hard coating on the sur-
of the lenses and prisms
de. This coating helps re-
e reflection so most of the
striking the glass surfaces
ses through the elements
ead of being reflected off
n. Look for "fully coated
cs" when shopping.

old the binoculars at arm's
th and look into the ocular
piece) lens. The exit pupil
ears as a bright disk of
t. You can calculate its di-
ter by dividing the objec-
lens diameter by the mag-
cation power (for example,
×35 binoculars has a 5mm
pupil).

ll of this arithmetic takes on
aning when you realize that
iris of your eye opens to
ut 7mm in darkness. Since
0 binoculars have an exit
il of about 7.1mm, they en-
e you to see almost as well
ing evening and dawn as
can with the naked eye.
der the same marginal light
ditions, the image viewed
ugh 7x35 binoculars with a
m exit pupil will appear a
e dark. Compact glasses,
8x30, have an exit pupil
3.75mm and are best re-
ved for daytime use.

The brightest isn't always
best. If you'll be doing your
wing in daylight, try to stay
h a reasonably small objec-
e lens. The bigger the objec-
e lens, the bulkier and heav-
the binoculars. You'll appre-
te the light weight of a
aller pair after hiking all day
h it hanging from your neck.

### HOW TO ADJUST BINOCULARS

Most quality binoculars can
adjusted three ways to suit
ur own optical needs.

*Interpupillary adjustment.*
noculars are really two tele-
opes—attached and hinged
the middle. When you make
e interpupillary adjustment
ound the hinge axis, you
gn the optics of each tele-
ope with the pupil of your
e. The action should be
nooth, yet firm enough to
ld the barrels in position.

*Focus.* Binoculars are easi-
t to focus and refocus if a
ngle adjustment wheel be-
tween barrels moves both si-
multaneously. Again, the action
should be smooth, but positive.

*Diopter adjustment.* No two
eyes are exactly alike, even
your left and right. A calibrated
adjustment on one eyepiece
lets you compensate for this
difference. Using the center fo-
cusing knob, focus the binocu-
lars for the eye without the di-
opter adjustment. Then focus
the diopter barrel for the other
eye. Look away from the bin-
oculars several times while ad-
justing until you're satisfied
that you see equally well with
both eyes. Once set, the di-
opter adjustment is maintained
throughout the range of the
central focusing knob. ■




If you think pantyhose is too hot
for summer, you never wore Summer Sheer.®

Summer Sheer by Hanes.
Made especially for summer. From a special knit that
lets the breezes through. Summer Sheer
by Hanes. It's elegant. It's cool.







Look for this display tree at finer
department and apparel stores.

# Careful investigation proves Top Choice® chopped burger looks amazingly like hamburger.



It's elementary!

Gaines® Top Choice® Chopped Burger For Dogs looks almost identical to hamburger.

And there's no mystery why. Top Choice is made with beef by-products and real beef, so it's moist and meaty. It even holds together just like hamburger.

But it's better for your dog than hamburger, because it also contains vegetables, vitamins and minerals for a fully balanced diet.

Which brings us to Country Style Top Choice. The only chopped burger for dogs with real cheese flavor and protein-rich egg, the equivalent of a quarter of an egg in every serving.

Original Top Choice and Country Style Top Choice. You don't need an investigation to prove they're both great for your dog.

Gaines

**Original Top Choice® and Country Style® Top Choice.® For dogs who love hamburger, they're better for them.**



# Problem-solving privacy screens



Photograph: Suter, Hedrich-Blessing. Architects: Bernoudy, Mutrux and Bauer. Source: Lois Rea

Visitors and deliverymen were forever confusing the front and back doors since they were both on the same side of the house. A shutoff screen around the service area solved the problem.

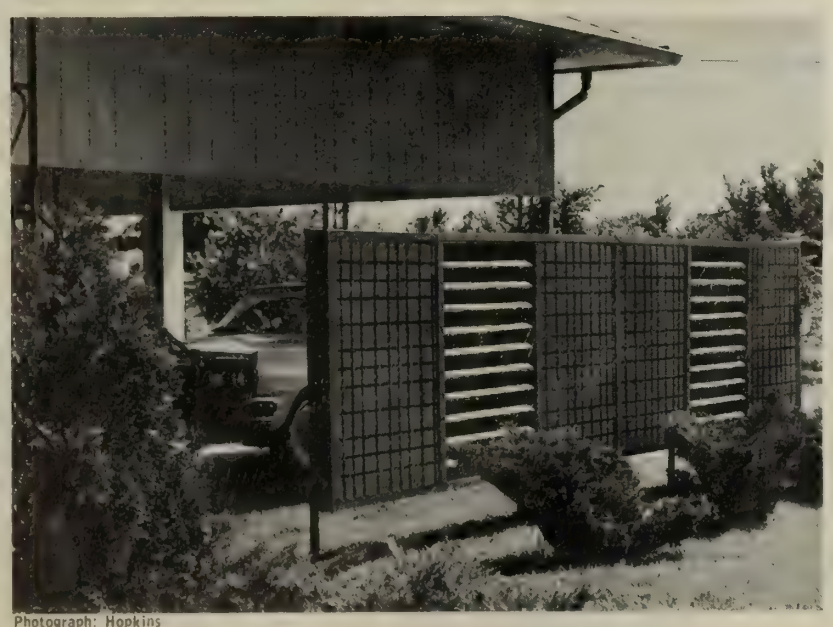
Asbestos-type panels are framed with fir strips. Upright 2x4s are 42 inches high, spaced six inches apart. The open space at top is five and one-half inches high. Those four-and-a-half-inch-wide vertical openings allow air to circulate, benefiting a small garden viewed from the kitchen. Thanks to the street-side pocket planting, the structure looks as if it had always been there.

Screening here hides the small size of the window and adds privacy. The unit also improves the general appearance of the house, making it look wider and lower than it really is. Two raised planter beds add to the effect. Screen frame is made of 2x4s and measures eight feet high and 14 long. To give depth to the design, 1x1s and 1x2s were used in front and back of the frame. The structure stands four feet out from the house on four concrete footings. It's stabilized at the top by steel rods at each end of the window. The wood was stained white so that the finish would not chip off and require frequent maintenance.



Photograph: de Gennaro. Source: Pauline Graves

A simple but attractively designed screen lends a measure of privacy to an open carport. It's not necessary to build the screen clear to the ground. Just pour concrete footings at four places and embed metal posts to support the screen. Use 2x6s for the surrounding frame. This one is five feet high, and you can make it as long as needed. The screen sections are sculptured wood panels. Check your lumber dealer to see if he has such panels in stock. If not, substitute 2x4s and rout them crosswise ⅜-inch deep and one inch wide. Space them an inch apart for vertical lines. Nail 1x6s at an angle for louver sections. ■



Photograph: Hopkins





WEIGHT WATCHERS®
FROZEN DESSERT "1776."

Eating Smart is eating the right foods, like "1776." To make 2 servings: 1/2 cup strawberries, 1/2 cup blueberries, 2 servings of delicious Weight Watchers Vanilla Frozen Dessert... that's Eating Smart.




LESS THAN 1% FAT

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# What everyone should know about heart attacks



Heart attack. The words are frightening, and all too familiar. The incidence of heart attack is so high that it would be hard to find an individual who hasn't been affected, directly or indirectly.

Still, there's a remarkable lack of knowledge about heart attacks, even among people who have suffered one. And many experts believe this information gap is one of the major reasons heart disease is our number-one health problem. Here, then, are answers to questions that everyone should ask about heart attack:

### What, exactly, is a heart attack?

In trying to visualize what happens during a heart attack, you have to go back a step and take a brief look at what the heart does under normal circumstances.

On the one hand, it pumps oxygen-carrying blood to the rest of the body; on the other, it does the same for itself. The heart continually sends nourishment to its own cells via an independent circulatory system consisting of two arteries—called coronaries—that encircle the heart like a crown.

What we call a heart attack (physicians call it coronary thrombosis, a coronary occlusion, or myocardial infarction) occurs when delivery of life-sustaining oxygen to the cells of a portion of the heart ceases, or is so greatly reduced that the heart muscle is denied sustenance and can no longer function.

Whether a heart attack is "severe" or "mild" usually depends on where the interference in the flow of blood started. If it originated in the main trunk of one of the coronary arteries, a greater portion of the heart would probably be damaged than if the trouble originated in one of the smaller branches leading from the heart.

The disorder known as *angina pectoris* is not a heart attack, though it springs from the same underlying cause—atherosclerosis, which is the narrowing of the arteries in the heart. What's different about angina is that a limited supply of blood continues to reach the heart cells, and the significant reduction is only temporary.

### Is the risk of having a heart attack becoming greater?

With only statistical information to go by, the answer to this question would have to be "yes." Only 75 years ago, all diseases of the heart ranked fourth as a cause of death. Today the number of heart attack victims is ever increasing, and daily deaths average 1,400. But statistics on heart attack can do with some examination.

To begin with, there was a time when doctors didn't recognize a heart attack when they saw one, so for the record it didn't exist. Later, when doctors began identifying heart attacks, it was believed that a heart attack always ended in death; therefore, it was reasoned, any survivor of a suspected heart attack must have been stricken with some other illness. Consequently, only fatal heart attacks made the statistics. And that's how it was until about 50 years ago.

The fact that we tend to live longer today also has a bearing on the increase in the number of heart attack victims. Although people in younger adulthood can't count on immunity, people over age 40 are the principal targets of heart attack. For the most part it's attributable to the natural wear and tear that's part of the aging process.

Finally, some of the increase in heart attack cases stems from medical advances. Our chances of reaching an age of greater vulnerability have been upped by antibiotic cures for infectious diseases and control of certain disorders (such as diabetes) that once struck people down early in life.

### Are certain people predisposed to heart attack?

It seems fairly well established that

continued

### What can be done to prevent a heart attack?

When heart experts discuss warding off a second heart attack (or, for that matter, preventing a first one), the talk inevitably turns to reducing what they call "risk factors." These are habits or conditions that may increase the chances of a heart attack.

How do you go about controlling or eliminating risk factors? The experts advise regular medical checkups and a pattern of living based on moderation. Other, more specific suggestions, can be summed up this way:

- If you have high blood pressure or diabetes, be sure to follow your doctor's recommendations for keeping your condition under control.
- If you're overweight, try to eat less or reduce your intake of high-calorie and fatty foods, but without resorting to crash or fad diets.
- If you smoke cigarettes, cut down or stop altogether. Go easy on coffee and other stimulants.
- Exercise regularly in a way, and to the degree, that the known state of your health permits.
- If you habitually short-cut rest and relaxation to accomplish more than you comfortably can, slow down.




# Introducing Bounce. A remarkable new fabric softener that works in the dryer.

Discover the Bounce Touch. The Bounce Touch makes clothes really soft, helps prevent static cling, and leaves things smelling clean and fresh. Just tear off a sheet of Bounce and put it in the dryer on top of the wet wash. No liquids to pour and no rinse cycle to catch.





The Bounce Touch makes your husband's cotton pajamas really soft.

The Bounce Touch helps prevent static, so your son's synthetic socks won't cling.





The Bounce Touch leaves things smelling clean and fresh.




New Bounce is so easy to use, you'll want to dry every load with it. So give your family's clothes the Bounce Touch, the nicest thing that ever happened to the family wash.

Bounce is safe for all makes of dryers. Bounce has also received the Good Housekeeping seal.

©1975 The Procter & Gamble Company

# salad crispins®

## A lot of little things that make a big difference.




Salad Crispins gives any salad more flavor than you can get with just the salad dressing alone.

Just a simple shake of the can turns your everyday salad into something that's simply great. Try Salad Crispins.

When you're trying to make salads special, it's the little things that count.


continued

## Heart attacks

males are more likely to suffer a heart attack than females are, at least during their younger years. And if you want to know what kind of man "typically" succumbs, researchers at the Mount Zion Hospital and Medical Center in San Francisco have recently described him.

He is the habitually impatient, aggressive, highly competitive individual who is constantly under pressure to accomplish more in less time; his body movements are brisk, his speech is hurried, and he often seems tense and ready to "explode." This type of person, say the researchers, is twice as likely to have a heart attack as is his more relaxed counterpart who knows his limitations and doesn't drive himself beyond them.

Researchers have also been trying for some time to find out where factors like heredity, economic standing, and occupation fit into the picture. Theories and opinions abound, but so far there's no evidence that a person's financial situation or occupation makes him more or less susceptible. As to the influence of heredity, statistics show that some families do tend to suffer more heart attacks. But whether that can be attributed to genetics, common habits, or the age factor, or all three, or none remains an unanswered question.

### What does it feel like to have a heart attack?

According to the American Heart Association, the usual symptoms of a heart attack include: a severe painful sensation of pressure in the center of the chest, often accompanied by pain on the left side in the arm, shoulder, neck, or jaw; sudden intense shortness of breath; profuse sweating; nausea and vomiting; pallor, weakness, and occasionally loss of consciousness.

Not every case has all or most of those symptoms, however, and sometimes the only symptom may be discomfort in the chest area. And that symptom, too, varies with the individual. A person who is having a heart attack may describe his distress as "heartburn," or "indigestion." In some cases, the pain is so mild that it may feel less like pain than pressure or "tightness" in the chest. Or, the pain may be far more intense. The severity of the pain, incidentally, does not necessarily relate to the severity of the attack.

Chest pain, of course, can result from many other ailments, among them muscle strain a respiratory infections. Accordi to one heart specialist, nine out ten people who experience che pain are not having a heart a tack. Nevertheless, the prude thing to do when you feel y might be having a heart attack to act as if you were. Contact physician immediately.

### What are the chances for recovery after a heart attack?

The chances are good. Est mates range up to 85 percent fo survival, and the chances migh be even better if more people wh suspect they are having a hea attack would seek medical hel promptly, rather than "waiting t see what happens." According t medical records, seven or eigh hours have elapsed before doc tors get to see most heart attac victims, and the very first hour are the most critical.

All things considered, it's re markable that most heart attack are not fatal. Much of the credi belongs to the heart and its amaz ing ability to mend itself. Almos immediately after the attack, na ture steps in to take charge of th recovery, first by re-routing th flow of blood to expand adjacen arteries, then by proceeding t repair the damage and restore a normal supply of oxygen to th heart.

A serious aftermath of a heart attack is, of course, blockage in an important artery, caused by a blood clot that formed in it just before or after the attack, and impairment of the heart's circulatory system. Within a short period of time, the heart begins to deal with both problems, working steadily to reduce the clot to a liquid, a state in which it can be carried off by the bloodstream and disposed of. At the same time, uninjured arteries in the affected area of the heart develop auxiliary pathways, actually growing new blood vessels and capillaries through which blood can pass freely, to compensate for unusable ones.

As to the damage sustained by the tissues of the heart, it gradually heals and a layer of scar tissue replaces a portion of the injured heart muscle.

### What treatment does a heart attack patient receive?

After the initial emergency care, the medical personnel who minister to a heart attack patient play a passive role. For the most part, they stand by and lend a hand to assist the healing process. Part of the assist includes keeping tabs on the heart's action as it is recorded electronically. The

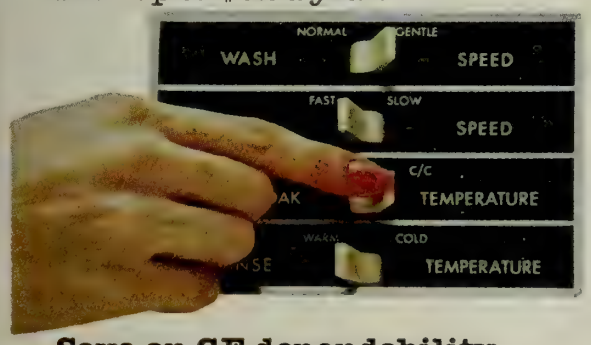
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continued

## Heart attacks

rest of the medical team's efforts are directed toward reducing the heart's workload and preventing complications, generally in these ways:

● **Bed rest:** The objective is to give the injured heart as little to do as possible by reducing physical activity to a bare minimum. The pumping action of the heart must, of course, continue without interruption despite the handicap under which it is functioning. But the patient must be spared every extra effort, even talking a great deal, that puts more of a demand on the heart.

Once the heart-attack victim could expect bed rest and complete inactivity for a prolonged period of time. Today the time has been greatly reduced and both treatments gradually dispensed with as the patient's condition improves.

Hospital stays have been shortened, too. Where once six weeks of hospital care was considered essential to recovery, the period has now been halved in most cases and dropped to two weeks in some.

● **Oxygen:** Oxygen is often administered to heart attack patients to ease labored breathing, to compensate for the reduction of oxygen to the heart, to keep the body supplied with oxygen-enriched blood, and to relieve pain. Some patients need the extra boost in their oxygen supply for a week, a few days, for a shorter duration, or not at all, but oxygen is usually administered to heart-attack victims as a precautionary measure.

● **Medication:** Drugs that delay the clotting action of the blood (anticoagulants) and expand the arteries so they can accommodate more blood (vasodilators) are often administered. Doctors sometimes prescribe anticoagulants for an indefinite period of time after recovery, again as a precautionary measure. And pain killers and relaxants may be used.

### Can surgery help a heart attack victim?

Most people who suffer a heart attack don't need surgery. When the question of surgery does come up, it is generally because *angina pectoris* preceded or followed the attack and is causing the patient pain, or because the patient's condition makes reoccurrences seem likely.

Among the newer types of heart surgery is one called the "coronary bypass," a procedure that actually follows the lead of nature by bypassing an impaire artery with an alternate route. I this operation, a section of a vei is taken from somewhere in th patient (usually the leg) and in serted near the heart to bypas the clogged or poorly function ing artery.

Some 20,000 coronary bypas operations are performed yearly While most authorities agree th operation brings relief from pai and prolongs life, others woul like to see more evidence of it effectiveness before it becomes as some surgeons expect it will, a very common type of surgery The operation itself poses some risks, and the cost of such surgery is quite high.

### Is it possible to have a heart attack without knowing it?

It is possible and does, in fact happen quite often, according to authorities. There's no way to take an exact tally, of course, because such cases go unreported. But judging by the number noted during routine electrocardiogram examinations and in persons who have died of other causes, an estimated 15 to 20 percent of initial heart attacks occur without producing symptoms or, apparently, noticeable aftereffects.

Silent heart attacks, as they are called, incorporate both good news and bad news. The good news is that a significant number of heart attacks cause minimal rather than extensive damage. The bad news is that the person who suffers a heart attack unknowingly is not warned of his vulnerability to coronary disease, and therefore is not motivated to see a doctor.

### Can a heart attack victim lead a normal life?

All authorities agree that a person who recovers from a heart attack need not resign himself to a life of invalidism. After the period of convalescence, most patients are able to pick up where they left off, some with only slight modifications in their life-style, others with none at all. The patients who return to their former jobs, for instance, far outnumber those who must find less taxing employment or retire.

Authorities agree, too, that a heart-attack victim benefits as much from recreation, exercise, a social life, and sexual activity as anyone else, and should not withdraw from these pursuits out of apprehension. If his condition warrants any limits to the kind or degree of activity, he can rely on his physician to tell him so. ■

*(Written in cooperation with Lilian Rothman, an award-winning medical writer.)*



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# HOUSEPLANT HOW-TO

### An exotic begonia

The iron cross is choice and not hard to grow. Simply put it in shade and keep the soil on the moist side—not sopping wet. If you have taller plants, put this begonia under them. Sun is the number-one enemy. It won't kill your plant but the lush chartreuse-green leaves marked with reddish brown will turn ugly yellow and burnt brown. When the edges of old leaves begin to turn brown and papery, just snip or break off to prolong the beauty of the foliage.



Growth is slow so be patient if you start with a three- or four-leaved plant. Look on it as a showy decoration for a long time in a small space.

### Restraining viny plants

These include climbers and trailers. Some plants grow both ways, or even along a flat surface, and could well be getting out of bounds. Take tip cuttings, root them, and give them away if you don't want more of the same. It could be that the old plant has become scrawny (pothos, philodendron) and the only leaves are at tip growths. Make these your new specimens and discard the old ones. Other plants that could need renewing: grape ivy, Swedish ivy, and English ivy.

### A tree for indoors



You want a really easy-to-care-for houseplant? Something you don't have to coddle? Try this small-leaved member of the fig family, *Ficus benjamina.* It's a toughie, adaptable to most any situation you provide for it.

Ideal conditions are bright light even sun in winter. But your ficus will still thrive in only filtered light or medium light some distance from a window.

If you're given to compulsive watering, this one can take it. Or, you can let the soil dry out completely between waterings.

Go easy with feeding—once or twice a year will suffice. This plant is a fast grower. Apply food when new growth appears.

To propagate this ficus, all you have to do is take tip cuttings from side branches and root them in water. Take these from older branches, not new thin growth. And wait until you have enough branches to spare so you don't end up with a misshapen plant.

### May reminders

- Pinch back leggy geranium cuttings. To prevent repeat legginess, move to brightest spot you can manage, even a sunny one.
- Keep foliage clean. If you use the shower for this, let plants drip dry. Otherwise, wipe gently with a dry cloth. For hairy plants (African violets, gloxinias), use an old pipe cleaner and go easy.
- Watch plants that turn toward the light. Some are more sensitive than others. Give a quarter or half turn every day or two. This keeps the plant well-balanced and symmetrical.
- If you can move plants outdoors, start to do so this month. Put nothing in direct sun except possibly geraniums. Other sun lovers, such as croton, will do fine with filtered light or sun in early morning and late afternoon for an hour or so.




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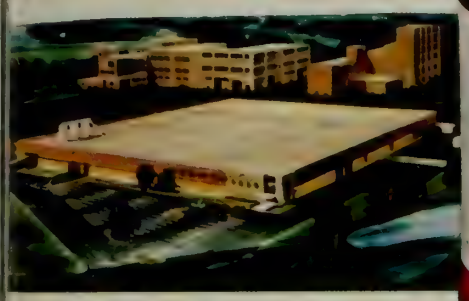
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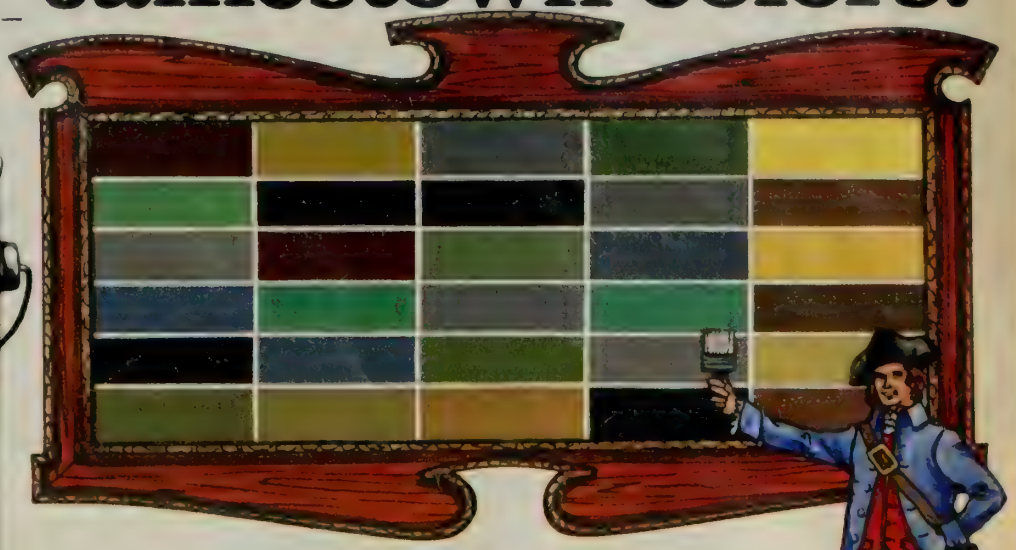
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# CANDLE TIPS

Candles are really very simple objects—"a chunk of wax and a bit of string," as a poet wrote. But that very simplicity accounts for cious use of the versatile candle. For example, have you considered these ways of using candles?

## DECORATING IDEAS

- For an extra special occasion, adorn the dining room table with a circle of tapers around a floral centerpiece.
- A fan of slim white Danish tapers in a black holder can be a dramatic accent on the living room coffee table.
- Try grouping fat candles of various sizes and colors on the brick hearth next to the fireplace and on the mantel. Use ceramic candle holders to protect candles from the heat of the fireplace. For a finishing touch to the candles on the mantel, put an Early American candle snuffer alongside. It accents the decor and also simplifies candle snuffing.
- A grouping of pastel candles of various shapes and sizes can do great things for a small bedroom table or dresser.
- Candles placed in front of a mirror are quite effective. The reflection of the candlelight in the glass has its own special magic.
- A bathroom can be dressed up with one or two candles to match your bath accessories.
- Bright-colored candles are delightful in the kitchen. In addition to being decorative, a burning candle absorbs unpleasant cooking odors, so it helps keep your kitchen fresh.
- Burning candles outdoors at night brightens the scene while repelling insects.
- A child's birthday party could feature Mickey Mouse and Donald Duck candles on the birthday table—assuming adults are present to supervise.

## CANDLE FACTS

No matter how you use candles, it helps to know a few facts about them. Today there are primarily two types of candles—paraffin and beeswax. The paraffin candle contains from 60 to 90 percent paraffin; the remainder consists of stearic acid (called stearin) and dyes. The higher the percentage of stearin, the more even-burning, odorless, and durable the candle. Dave Albright, director of research for Hallmark Candles, points out that beeswax candles are even better than those made of paraffin, but the raw material to make them is more difficult to obtain, so the candles are more expensive. For that reason, paraffin candles are the most widely produced.

Since stearin content is not indicated on the wrappings of paraffin candles, and since production methods vary from place to place, it's smart to choose a reputable manufacturer when purchasing your tapers.

## USAGE POINTERS

Almost all candles today are labeled dripless and smokeless, yet many of us have had our dripless candles drip on a dining room table. This often is caused by an imperfect combination of the wick size, candle diameter, and melting point of the wax. For example, a wick too large in diameter will burn faster with a high flame and produce smoke and drips. Too narrow or too short a wick will not absorb wax fast enough to burn off, and this also results in dripping.

But even with a perfect combination of wick and candle size, there are still things you must do to help your candle burn correctly and driplessly:

- Keep the wick trimmed to no longer than a half inch, and always make sure it's upright before you light it.
- If the flame is too low, pour off the melted wax. If too high, trim the wick. Never leave dirt, wick trimmings, or match stubs in the tops of candles.
- Don't place a candle in a draft—it will make even a perfect candle drip.

› Make sure candles are per-
ly upright. A tilted candle
inevitably drip.
All colored candles will fade
newhat after a period of time.
ht-colored candles fade ear-
than the darker ones. Storing
dles in a dark place deters fad-
. And candles in use should
be placed in direct sunlight or
ler fluorescent lighting.

## TORAGE POINTERS

Always lay candles flat, to
id warping. Putting them in
refrigerator or freezer a day
ore you use them makes them
n more evenly and slowly. Be
e to wrap them to prevent the
ks from absorbing moisture.
ist wicks will cause tapers to
tter.

Other tips for candle use and
intenance include:

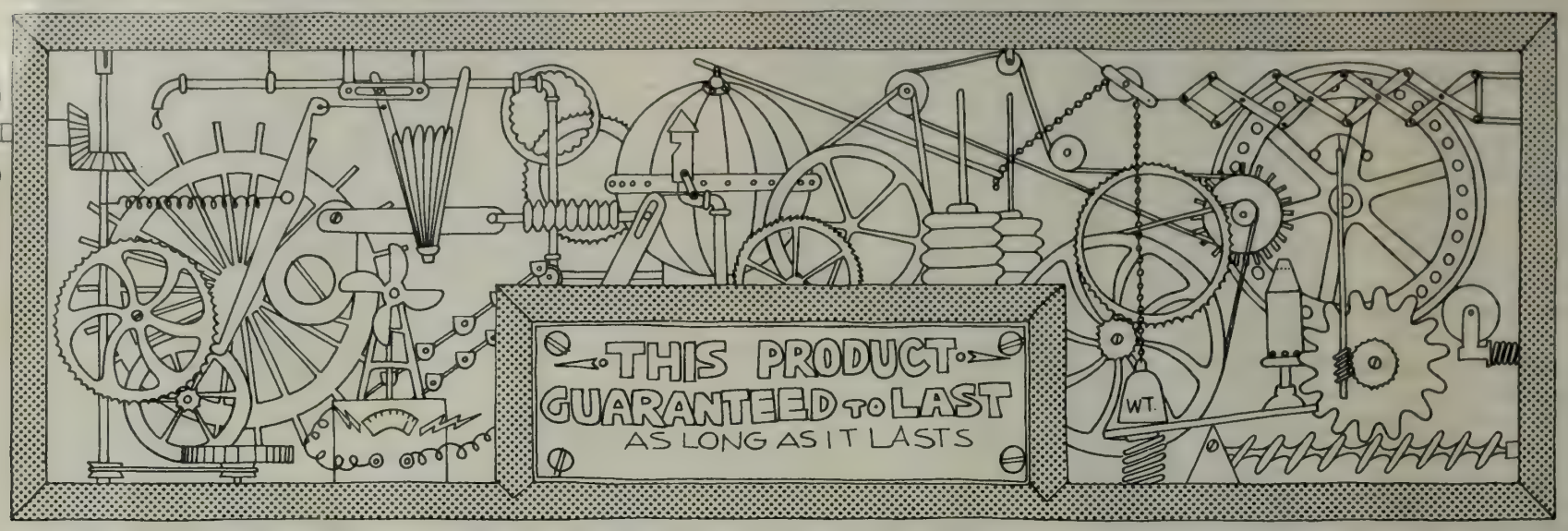
- For quick and easy lighting,
ar your candlewicks before a
rty or a dinner.
- Soiled candles can be
aned with alcohol or oleum
vailable in hardware stores)
d a soft cloth. A drop of salad
applied with a soft cloth will
store luster.
- Scented candles lose fra-
ance after long exposure to air.
› release the fragrance anew,
st scratch through the outer
er with a fingernail or a pin.
- Run a quarter inch of water
to the glass before inserting a
tive or warming candle. This
ll snuff the flame when the can-
e burns too low and will pre-
nt the metal disc on the bottom
the votive wick from becoming
t and cracking the glass. The
ater also makes it easier to clean
t the old wax.
- To blow out a candle, hold
ur finger perpendicularly in
ont of the flame and blow
ross it. This will prevent hot
ax from spattering.
- Candles, even in glass con-
iners, tend to "sweat" when
ey're hot, so always place some-
ing between candles and table
› protect the wood finish.
- Remove wax from candle
olders by rinsing them under
ry hot water.
- If a candle is too large for
e holder, trim with a sharp
nife under hot water. If too
nall, fill the holder with alumi-
um foil or florist's gum.
- You often can remove wax
om clothes or tablecloth by let-
ng the wax harden and then
raping it off with a knife. An-
ther method is to pour boiling
ater through the fabric. Carbon
trachloride is an effective
leansing agent but it's poisonous,
› use it sparingly and always in
well-ventilated area. If the wax
ontains a strong colored dye,
ave the item professionally
leaned. Never use the old blot-
ng-paper-and-hot-iron method.
hat will just set the dye forever.






- Never pour liquid wax in a sink. The wax will harden and cause drainage problems.
- If candle wax should spatter on a wood tabletop, allow the wax to dry overnight. Then place aluminum foil (*not* plastic wrap) over the waxy area. Wet a terry cloth with hot water, wring it out, place the steamy cloth over the foil, and wait about three minutes. This process will make the candle wax soft enough for you to pick it up with your fingertips. While the wood is still warm, rub the surface with a soft tissue or cloth, following the wood grain. ■

# WARRANTY RIGHTS: FACTS YOU SHOULD KNOW




No doubt you've been frustrated more than once when something you just bought broke down and the manufacturer or dealer wouldn't take the responsibility for repairing or replacing it. Perhaps he said you had to pay for the repairs, even though you felt you were stuck with a lemon. Or maybe he claimed you didn't use the product properly.

Supposedly, product warranties protect you from such frustrations when you're in the right. But until a new law went into effect last year, it often was difficult to know what warranties actually covered—and how you could go about getting proper satisfaction.

Now the story's different, thanks to the Magnuson-Moss Warranty Act. Some details still must be spelled out by the Federal Trade Commission (FTC). Also, some requirements are not binding until 1976—though you'll find many manufacturers complying already. But what's important is that under this new law, your basic rights have been clarified and specific rules established to make warranties more uniform. Knowing what to look for will help you become a wiser shopper as well as an effective consumer when you must stand up for your rights.

## How a warranty works

A warranty is a manufacturer's promise that his product is fit for the purpose intended. Actually, you've always had certain rights through "implied" warranties—promises legally in effect, even though not actually stated. And any upstanding manufacturer, dealer, or retailer will honor such guarantees without much fuss.

There's the implied warranty of "clear title," which means simply that the seller has the legal right to sell the item to you. If you end up buying stolen goods or something on which a creditor has a lien, the seller must refund your money.

"Suitability" is another implied warranty, though it holds only when you've depended upon the seller to select the specific product. If that's the case, his choice must do the job you specified—the product must vacuum shag rugs, for example, if that's what you said you wanted, rather than just sweep wooden floors.

Then there is the implied warranty of "merchantability"—under closest scrutiny in these days of consumer vigilance. Quite simply, a product should be fit for the use intended. A TV set should not go blank. A chair should not collapse when you sit in it. A boat should not leak.

When you buy merchandise, you have certain obligations as well. You must employ some common sense in the way you use and care for the product, for example; otherwise, the implied warranty may not remain valid.

You also may lose your claim if you are advised to examine the item before you buy, you don't, and later you discover a flaw. The same could be true when a product is described clearly as "with all faults," or "as is." Such phrases warn you that there are no warranties at all on the product. In either case, however, the burden of proof could fall on the seller once you got to court, and probably written evidence of such warnings would be required.

## What about "express" warranties?

Here's where your rights have been newly clarified on all consumer products manufactured after July 4th, 1975, and selling for at least $15. The basics:

**1.** You must be able to review the warranty before you buy. That gives you a chance to study it in detail and compare it with warranties on similar products from other manufacturers or other stores. If the warranty is not made available, ask for it before putting your money down. If the store stalls, go someplace else.

**2.** Warranties must indicate in their captions whether they are "full" or "limited." A *full warranty* must tell its exact duration in the caption—"full five-year warranty," for example. During that time, you are entitled to have the item repaired or replaced (at the merchant's option) at no cost to you, except for possible installation and shipping charges. If you make a "reasonable" number of efforts to have it repaired, with no success (the FTC sets guidelines for what's "reasonable" for various products), then you are entitled to have a refund or replacement.

A *limited warranty* must state clearly what it does and does not cover, provide guidelines on how to use and maintain the product in order to qualify for the warranty, and tell you where and how you can have the warranty fulfilled. You may have to pay some or all of the repair costs, but this fact must be clearly spelled out. Though many limited warranties will state their exact duration in the caption, they are not required to do so. That information must appear somewhere, however.

**3.** Any warranty—full or limited—must provide you with a clear, step-by-step description of how to complain about a product, where to seek satisfaction, and how long you can expect to wait for a remedy.

**4.** If the manufacturer does not follow through to your satisfaction, you may sue him in a state court. If you win the case, he must make good on the warranty, and probably pay your legal fees and other expenses. If you lose, your own expenses come out of your pocket. (Be sure you

continued



Sun-time lounge dress by Gossard

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**Desert Spring** – A world of sun, sand, eternal enchantment. Where warm earthtones complement Kohler's plumbing fixtures in Expresso.

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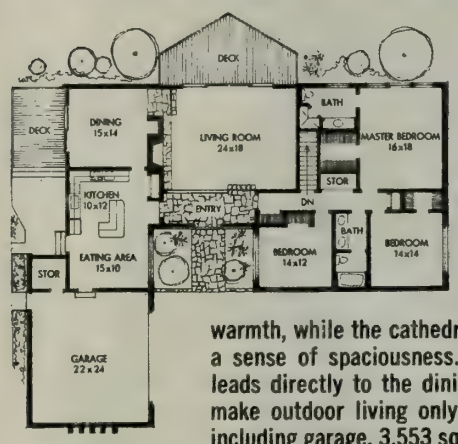
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THE BOLD LOOK of KOHLER

# Exclusive House Plans

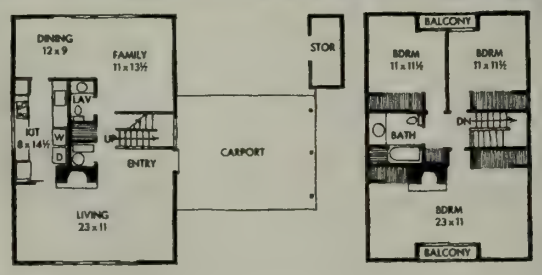
from Better Homes and Gardens






You'll enjoy peace and quiet with this outstanding home design. The excellent design of the floor plan buffers living and sleeping areas with stairway, master bath, closets, and a hall. The bedrooms are clustered together, yet none shares a wall with another or with the living room. The family playroom is downstairs along with a bedroom, bath, laundry, storage, and open to the rear. A large fireplace wall in the living room and dining room create a feeling of warmth, while the cathedral ceiling with dark contrasting beams gives a sense of spaciousness. The kitchen has its own eating area and leads directly to the dining room, entry hall, and garage. The decks make outdoor living only a step or two away. No. 19695 76′ x 61′ including garage, 3,553 sq. ft.






This French Country Charmer is both practical and very distinguished in design. Practical because it's made of low-maintenance materials. In addition, the central utility core cuts construction costs as does the bold mansard roof which also forms the walls of the upper level. Distinguished because its floor plan creates a feeling of spaciousness usually found in much larger homes. And, its old-world charm combines beautifully with striking contemporary lines. Truly a home of pride and character! A small outdoor storage unit, 12′ x 4′ with sliding doors for access, is modeled after the house. The covered carport protects the main entrance and doubles as a sheltered play area for children. Will fit any lot. Plan No. 19681 24′ x 36′ (not including carport) 1,728 sq. ft.

**OUR GUARANTEE:** Full refund if not completely satisfied.

Each plan package includes a complete set of working drawings, a list of materials required for cost estimating, and an outline of specifications for workmanship and materials—including points to be considered in your contract with the builder. Plans are available individually or as a package of four sets of the same plan.

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continued

## Warranty rights

have a solid case before seeking this recourse.)

### How can you compare warranties?

A number of factors will apply, but these are some basic questions to consider:

- *Product coverage.* Is the warranty for the entire item, or only for certain parts?
- *Repair shop location.* Must you return the item to the manufacturer, or can you go to the dealer? Who pays shipping or pickup and delivery costs? Is there a service agency conveniently located to you?
- *Labor costs.* Who pays—you or the dealer or manufacturer?
- *Duration.* How long will the warranty stay in effect? Does it cover everything for the entire stated time? Or, do warranties on some parts last longer than on others in the same product?
- *Warranty protection.* What must you do—mail in a card, for example, or take specific use precautions—to keep the warranty in effect? Some questions are being raised about whether or not you must mail in a card in order to establish the warranty. Read the card carefully. And if you forget to mail the card or you choose not to, don't assume you've automatically lost your warranty rights. Make your claim anyway, and back it up with the properly dated sales slip.
- *Product substitution.* Could you get a similar product on loan while yours is being repaired?
- *Prorating.* Will they pay only a portion of the cost of replacing a part if you have used the product for a while?

### How can you protect your rights?

Your first step is to shop for the best warranty you can find for the kind of product you want. Your second step is to follow the manufacturer's instructions. If you mail a warranty card, make a copy of the card—or at least the information on it—for your files. Note the date and address. Keep product maintenance records and instruction books handy, so you can be sure you are following the guidelines. Most important, keep the sales slip to verify your purchase and make sure it's correctly dated.

When there's trouble, follow specific instructions from the warranty. If you file complaints, be sure to keep copies of all correspondence on hand. It's a good idea to send copies to various consumer agencies at the same time. Look under "Consumer" in the government section of the phone book. Some good sources: radio and TV stations' Action Lines; local college and university consumer education departments; chambers of commerce; Better Business Bureaus; the regional offices of the Federal Trade Commission.

You also might want to contact some of the various industry consumer action panels designed to handle complaints through mediation. Or you can seek informal arbitration, where available.

If such recourses fail, you still can go to court. Or you can head there right away, if you wish. Start with the small claims court, unless a great deal of money is involved. (State laws dictate the top ceiling on amounts you can take to your local small claims court—typically, up to $500 or $1,000.) ■

**Save money, time, trouble with a "Household Warranties File."** Keep warranty information handy to help protect your rights in the marketplace and assure fast, fair service on replacements or repairs. Easy-to-use notebook is 8½ x 11 inches, has eight index-tabbed divider sheets with special pockets for recording important information and filing actual warranties. Complete instructions. $4.99 plus 50¢ postage.




**Better Homes and Gardens**
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Enclosed is $_____ for _____ (quantity) Household Warranties File(s) (No. 04008).

**Name** _____
**Address** _____
**City** _____
**State** _____ **Zip** _____

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# The Sealy Posturepedic. Invest in something your back can feel good about every morning.

Once you've slept on a Sealy Posturepedic, your back will never want to sleep on anything else. That's because Posturepedic is designed in cooperation with leading orthopedic surgeons for firmness and comfort that last. And Posturepedic promises no morning backache from sleeping on a too-soft mattress.

Under comforting layers of surface cushioning, there are patented, scientifically spaced coils for lasting support. The torsion bar foundation provides extra firmness and durability. They all work together to give you the support you need and the comfort you want.

This means you can enjoy Sealy Posturepedic mornings for years to come. That's lasting value, worth investing in.



**SEALY POSTUREPEDIC**
**The unique back support system.**

Sealy.

# HOW TO UNSCRAMBLE A PROBLEM KITCHEN

By Joan McCloskey

Fed up with your kitchen? Judging from our reader mail and our cross-country editorial travels, an enormous number of families are battling kitchens that thwart them at every turn. We hear about cramped-for-space kitchens, rush-hour traffic jams, skimpy storage, out-of-reach cabinets, inadequate lighting, counter shortages, and dull-as-dishwater decors.

But here's the good news. You don't have to live with a balky kitchen. You can reshape it to suit you: your tastes, your cooking habits, your family, your life-style. To prove the point, here are four families who turned their problem-plagued kitchens around and made them really special. Their success stories just might trigger your own kitchen shape-up.





Photographs: Jim Hedrich, Hedrich-Blessing. Produced in cooperation with Jessie Walker. Drawing: Hellman Design

## PROBLEM

"When we moved into the house my grandparents built in 1896, the kitchen was a disaster," Marge Prouty told us. "All the kitchen had going for it was its size. We decided to start from scratch to make this room work for our family of five."

## SOLUTION

First of all, the Proutys closed off one of the original three tiny windows and added a built-in oven. Then they dropped the ceiling and installed a new lighting system.

**These homeowners put a lot of good ideas into action.** New cabinets were arranged in a U shape, one of the most efficient for a busy cook. To consolidate the cooking triangle, a center island was fashioned so more than one cook could prepare food at the same time. The Proutys dispelled the gloom with slanting Lucite panels topped by fluorescent lighting tubes. In addition to providing general illumination, the system delivers mood lighting. A flick of a rheostat converts a bright work area into a soft-lit setting.

Between the dining room and kitchen, the Proutys installed a beautiful leaded glass window. Now, a buttercup glow fills the whole room at sunset. Open shelving and closed cabinets are six inches deep on the kitchen side of the doorway; a 12-inch-deep cabinet on the dining room side of the wall holds Marge's china and glassware.

# PROBLEM

"We had three tiny rooms at the back of our house that weren't worth their upkeep," explained Judith Swafford. "One was a kitchen—dark, cramped, and lighted only with bare bulbs. Another was a useless pantry. And there was a seldom-used bedroom that barely held a bed. We decided to remodel this area so I'd have some elbowroom in the kitchen and enough space for our friends to kibitz when we entertain."

# SOLUTION

The Swaffords combined those three tiny rooms and made one large super-looking kitchen. A combination of open shelves and closed cabinets holds dishes and supplies.

French cooking utensils and baskets hang on the newly exposed brick wall. Natural, honest building materials—brick, wood, straw, and natural fibers—dictated the rustic decorating scheme. Here's the step-by-step story of how this kitchen transformation happened.





Buying information, page 136

**The first step was the most drastic.** Judith and Jim tore down the plaster walls between the three rooms to make one usable floor space. In the process, they discovered three different levels of wood floors beneath the top linoleum, so they covered them all with new wood planking. Then they stripped off the plaster from the remaining walls to expose the handsome brick walls beneath and removed the false ceiling to add a feeling of spaciousness.

Once the kitchen was stripped down, the fun started. Judith got the small restaurant stove she always wanted—she feels its functional design will never look out-of-date. The stove's stainless steel front blends in perfectly with the dishwasher and sink, too.

But the storage and counters are the prize achievements in this renovation. Five-inch-deep open oak shelves to the left of the stove are narrow enough for one-layer-deep storage. That puts spices, often-used condiments, and some dishes right there where they're needed. On the sink wall, 12-inch-deep shelves house casseroles and tureens. The pacesetters for the kitchen scheme—the round, glass-fronted cabinets—were originally part of an old hutch.

A butcher block island gives Judith working room, even when the kitchen is filled with kibitzers—and supplements counter space, too. When she's in the mood to whip up a hearty soup or soufflé, Judith only needs to take a few steps to reach utensils hung on hooks.

And what a joy it is to sit and sip café au lait in the morning! The setting is perfect for any meal, even a special dinner for four. The macrame covering across the high window in the eating area repeats the design of the glass cabinet across the room.

# PROBLEM

"When my apartment was converted to a condominium, pride of ownership started nudging me and I realized I wasn't making the most of the small space I had," explained Bobbe Wolfe. "My tired yellow kitchen looked jaundiced, and the maidless maid's room was just gathering dust. I decided to do something—but within a strict budget. I also wanted to make the space do double duty for my family and my business."

# SOLUTION

Bobbe called in professional help to make the most of the space she had. Since moving walls costs a bundle, she kept the maid's room, but converted it into a room that functions better for her and her children. The multipurpose family room works full time for serious activities and play. Bobbe carries on a photojournalism business here, and after-hours the room is great for entertaining guests. Read on to discover some of her color design tricks.





Architect: Neil Frankel. Owner: Bobbe Wolfe.



Architect: Ken Schroeder. Owners: John and Ann Heinz

**Before the remodeling, it was almost as hard as pulling teeth to get Bobbe into the kitchen.** But the new open spaces make it fun for her to whip up a clam chowder, throw a party, or fix nightly dinners. A highly individual combination of slate black, white, and international orange contributes to the kitchen's cheerful new personality. Color spills over ceiling, windows, walls, and floor, turning the once-drab kitchen into a modern-art masterpiece.

Space-conscious planning made the most of the two adjoining rooms. Architect Neil Frankel suggested Bobbe coordinate the two rooms, but keep them separated by the load-bearing wall. This gave her two doorways into what became a combination family room, dining room, home office, and kid's playroom.

The 13x11-foot kitchen with a high ceiling looks larger and functions more efficiently because she changed the shape visually with the long, in-and-out-of-the-wall island/table. Now it's easy for Bobbe to set dishes out on the kitchen side of the island, then spin around to tend clam chowder simmering on the range.

To strengthen the relationship of the two rooms, all the ceilings were painted orange, then the color was banded down the walls. Matching blinds were added to hide odd-sized windows. Next, laminated maple chopping block counters were installed. They provide a great cooking surface, a super tabletop, and a no-glare surface for homework.

The final step was installing new black base cabinets and a black vinyl floor which seem to melt right into one another. Using this much black took courage, but it resulted in a spacious effect because black at the bottom of a room directs the eye upward.

# PROBLEM

"We couldn't afford to build a house from scratch," said Ann Heinz, "so we settled on a great Victorian house in a neighborhood we love. The trouble was we had our hearts set on a contemporary, open kitchen with lots of sun, but this house had a mere closet of a cook center and it was dark as a dungeon. Since I'm a plant buff who loves to grow herbs on my windowsill, this lack of sunlight posed a real problem."

# SOLUTION

By careful planning, the Heinzes built their "dream" contemporary kitchen in a nineteenth-century house. They opened up the back portion of the house, added a skylight, and bumped out a window to bring in as much sun as possible. They converted a partially heated sun porch into a kitchen, and made the 1940-vintage kitchen into an adjoining family room. Costs were cut wherever possible by reusing building materials that were already there.





Architect: Ken Schroeder. Owners: John and Ann Heinz

Buying information, page 136

**Would you buy a house whose kitchen had rose and rust flowers and automobiles on the walls, brown speckled linoleum on the floor, and one lonely light fixture?** Not many people would, but the Heinz family did. Then they set to work to make it the glorious, sunny spot you see here. The last time this 1870 house was remodeled was in the late 1940s—and the color scheme proved it. To introduce 1976 looks and workability, the Heinzes tore out and replaced the old appliances, removed the exterior wall, and finished off the old sun porch.

A supporting beam in the center of the new open space didn't daunt them. They simply worked their kitchen arrangement around the post. Open cubicles on the family room side hold daughter Katherine's toys. Storage for canned goods and staples faces the sink. A refrigerator is around the corner on the other side of the post.

Sun, plants, and natural materials figured importantly in the family's plans. So did building costs. To help them get what they wanted on a tight budget, the family called in Architect Ken Schroeder. Then the sawing, hammering, and dust began.

The triangular addition between the remodeled family room and the added deck provides a lush green oasis for meals. A spiral staircase connects the addition to a second-floor study. The Heinzes added this second stairway because they wanted two exits from the upstairs in case of a fire.

To cut costs, the Heinzes reused the original old drawers, but added new fronts. The floors are industrial rubber tile sealed with tung nut oil. Instead of that one stark light in the center of the kitchen, track lighting now supplements the sun.

# DOWN-TO-EARTH LANDSCAPING GUIDE

## BACKYARD BEAUTY IDEAS

**By Hamilton Mason, Beverly Garrett, and Russell O'Harra**

In this second section of our landscaping story, we show you how to create outdoor living areas and solve various landscape problems. All the ideas are adaptable to fit most garden situations, so you can mix and match the projects and plants to fit your needs and desires. For ways to beautify the front of your home, please refer back to our April issue.

### design concept--a pleasant, private patio

- expands scale of existing patio with ground cover and concrete stepping-stones
- creates a sense of intimacy and enclosure with privacy screen and plant materials

### shadblow serviceberry (juneberry) amelanchier canadensis

- light gray bark
- white flowers before foliage
- fruit: purple berries (small)
- fall colors: rich yellow and red

ALTERNATE PLANTS

- amur maple
- tataricum maple

### azalea mollis

- flower: choice of several bright colors
- loses leaves in winter
- needs protection in cold climates

### wood screen

- encloses space and adds privacy
- provides architectural extension of house

### redbud cercis canadensis

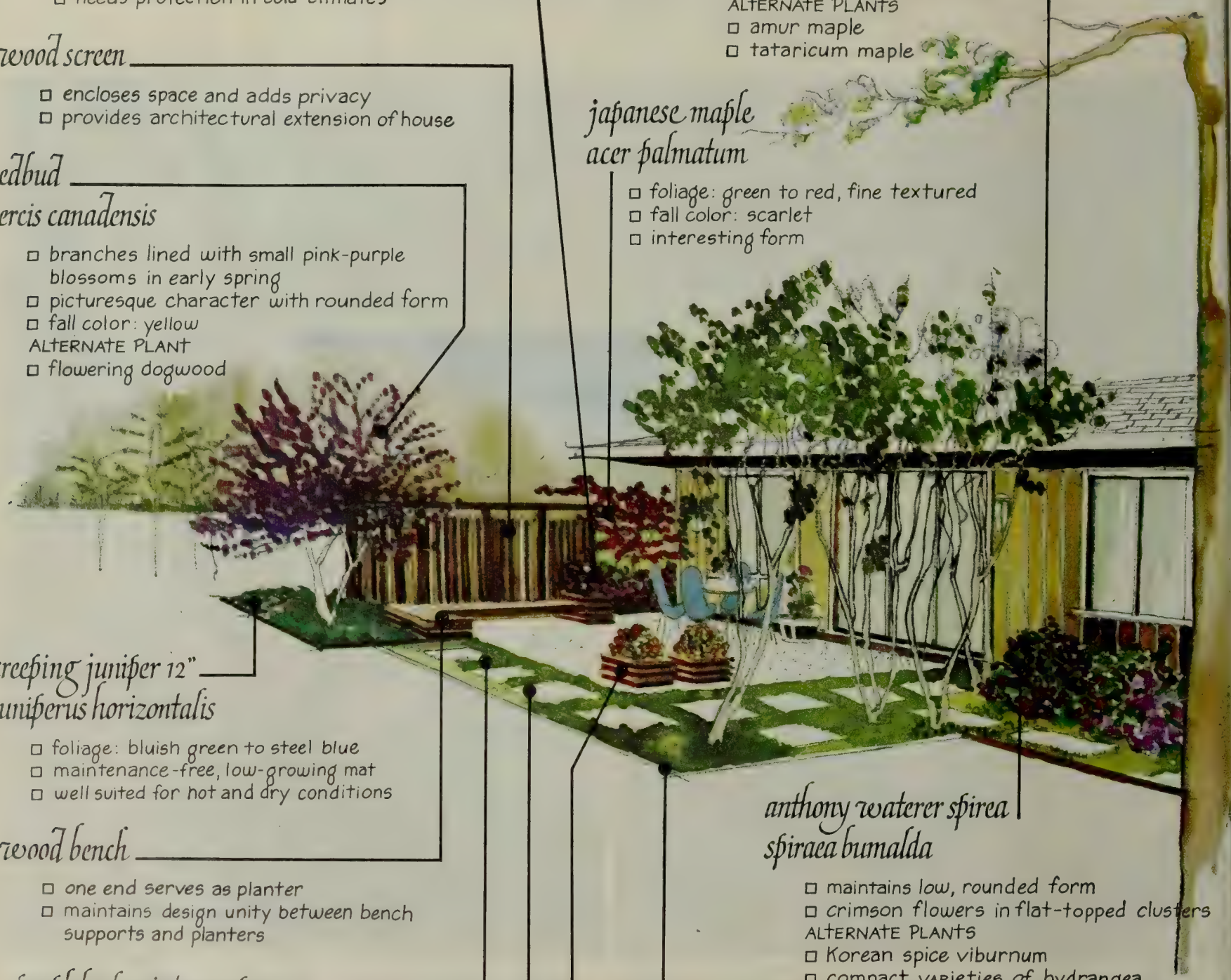
- branches lined with small pink-purple blossoms in early spring
- picturesque character with rounded form
- fall color: yellow

ALTERNATE PLANT

- flowering dogwood

### japanese maple acer palmatum

- foliage: green to red, fine textured
- fall color: scarlet
- interesting form



### creeping juniper 12" juniperus horizontalis

- foliage: bluish green to steel blue
- maintenance-free, low-growing mat
- well suited for hot and dry conditions

### wood bench

- one end serves as planter
- maintains design unity between bench supports and planters

### purpleleaf wintercreeper 12" euonymus fortunei 'coloratus'

- easy to establish and maintain
- leaves turn a purple-red in autumn and remain on plant through winter
- mulch with bark, wood chips, or pea gravel

### precast concrete stepping-stones

### anthony waterer spirea spiraea bumalda

- maintains low, rounded form
- crimson flowers in flat-topped clusters

ALTERNATE PLANTS

- Korean spice viburnum
- compact varieties of hydrangea

### wood edger

- maintains edge and definition of planting spaces

### wood planter boxes

- give vertical dimension to patio
- useful for bright flowers

## design concept--a secluded garden corner

- creates a structured garden space with the help of plants

## latticed wood sun screen

- gives overhead definition to space
- provides interesting shadow patterns on surfaces below.

## lilac: ludwig spaeth 10'
## syringa vulgaris 'ludwig spaeth'

- used as hedge behind lattice
- deep purple flowers

ALTERNATE PLANT

- Zabel's honeysuckle

## korean azalea
## rhododendron poukhanense

- flower: bright lavender-pink in early spring
- hardy in north
- broadleaf evergreen in South

## spreading cotoneaster 6'
## cotoneaster divaricata

- small pink flowers
- bright red fruit in fall
- fall color: dull red
- arching, spreading habit
- pruned and developed as garden specimen

ALTERNATE PLANT

- pyracantha

## pink-flowering dogwood
## cornus florida 'rubra'

- reddish pink flowers
- autumn color: scarlet to wine red
- clusters of glossy, red fruits
- lustrous dense foliage
- planted as a specimen for its unique branching habit

ALTERNATE PLANTS

- pagoda dogwood
- redbud

## jackman clematis 12' vine
## clematis jackmani

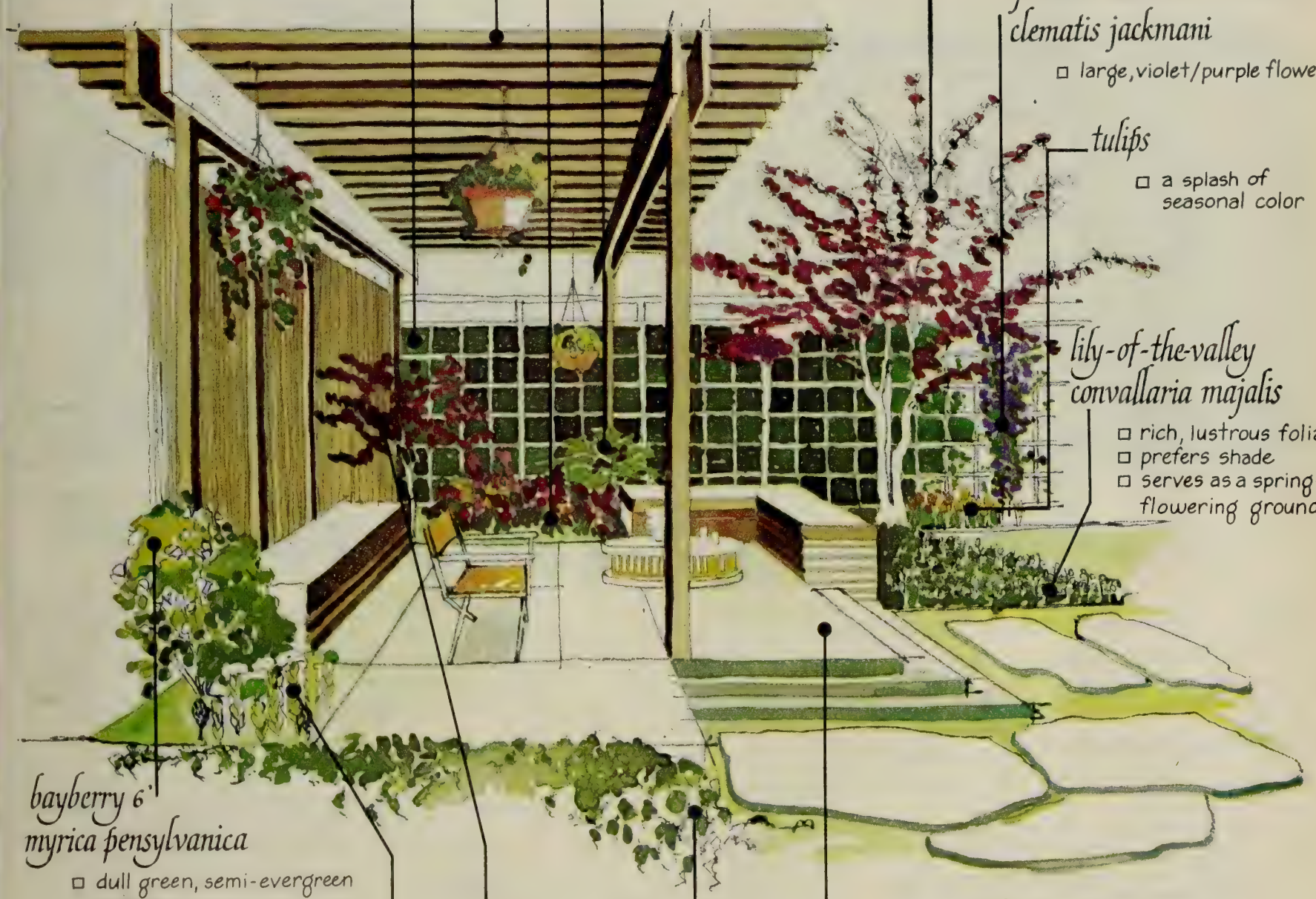
- large, violet/purple flowers

## tulips

- a splash of seasonal color

## lily-of-the-valley
## convallaria majalis

- rich, lustrous foliage
- prefers shade
- serves as a spring-flowering ground cover



## bayberry 6'
## myrica pensylvanica

- dull green, semi-evergreen foliage
- aromatic leaves
- wax gray berries

## sedum autumn joy 16"
## sedum spectabile 'autumn joy'

- flowers in late summer
- plant retains mushroom-shaped seed head through winter
- soft, light, moss green leaves
- coarse, interesting texture

## japanese maple
## acer palmatum

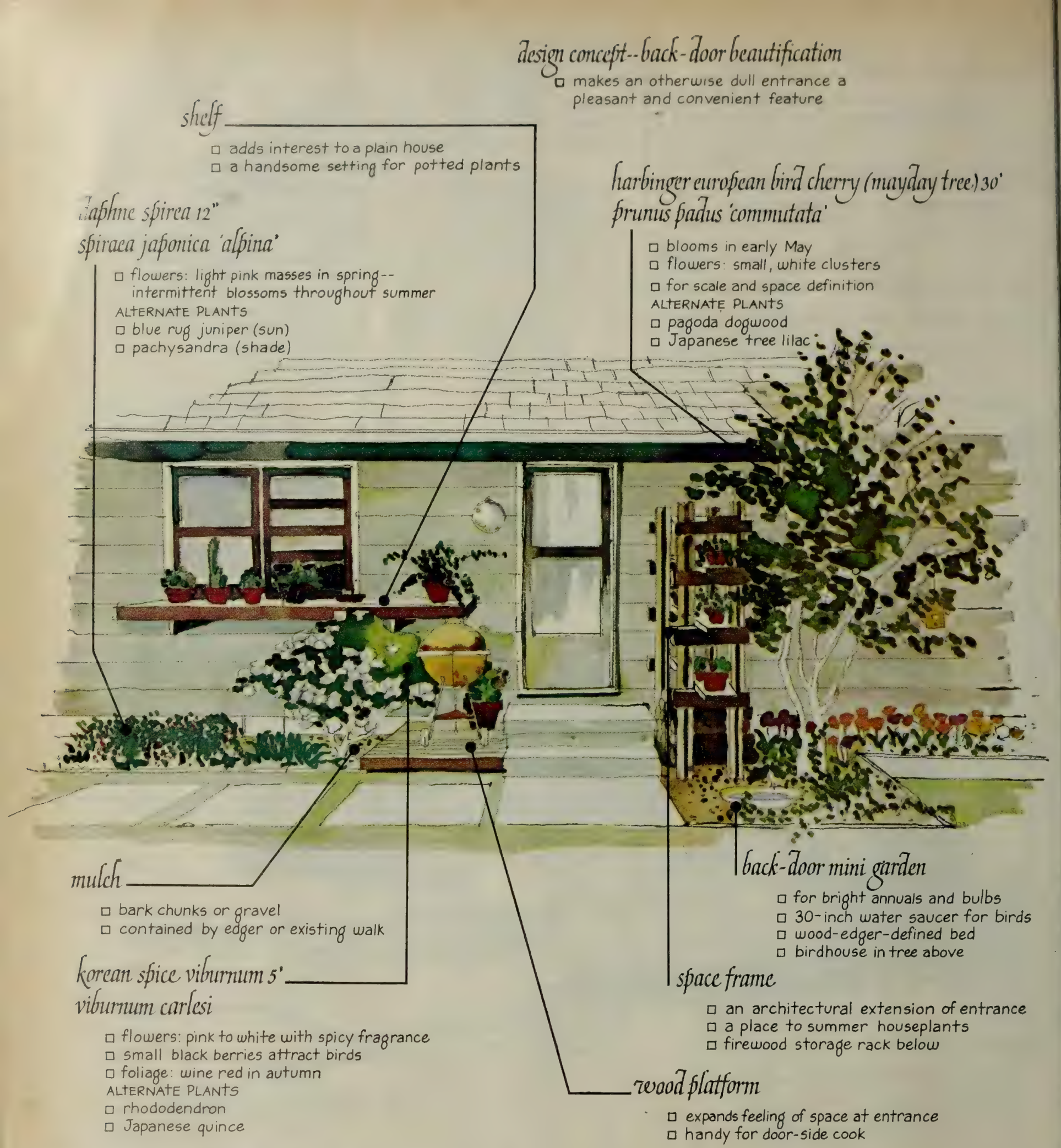
- foliage: green to red, fine textured
- informal, interesting character adds a sculptural element to garden
- fall color: scarlet

## exposed aggregate concrete

- if site slopes away, consider a wood deck to elevate the area

## baltic ivy
## hedera helix 'baltica'

- black berries in clusters
- glossy, evergreen foliage




Your master landscape plan shows you what to plant and where, but now you must decide what sizes of trees and shrubs to plant. They come in all sizes with widely varying prices, so an early decision is necessary. Your budget determines whether you plant small, bare-root trees and shrubs or large balled-and-burlapped specimens, and if you are going to do the work yourself. There's no problem if you have a big budget, but most of us must spread costs over several years.

**Foundation plantings**

To give your home a proper setting, your foundation planting should get top priority. For an immediate effect, you can go all out and buy large plants that approach full-grown size, but you'll have to pay for the privilege. If you can't handle these $18 to $24 plants, try the discount stores' landscape sections for respectably sized, potted evergreens priced from $3 to $8 each. They'll grow nicely if planted early in the season and given proper care. And shop around for deciduous shrubs and the ground cover plants. They aren't all that expensive, and the ground cover plants can be started from slips or offset plants from friends' established beds.

**Trees**

If you're faced with the all-too-common treeless lot and you're in a hurry for shade, you may well decide to spend a big portion or even all of the first year's budget for large, balled-

## design concept--a narrow display garden between house and driveway

- narrow space developed as a summer display garden
- year-round appeal of area achieved with ground cover and posts

### purpleleaf wintercreeper 12"
### euonymus fortunei 'coloratus'

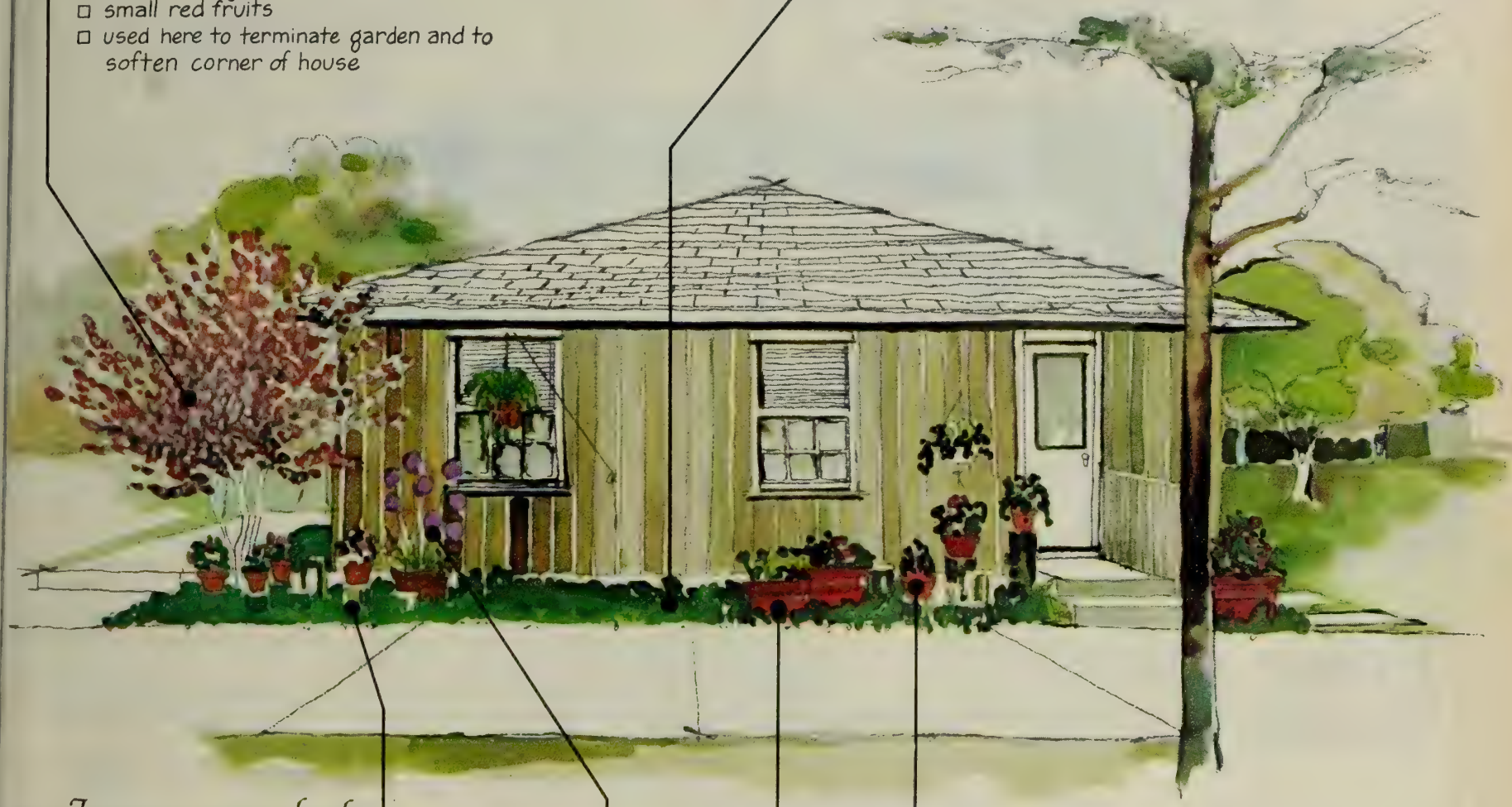
- carpets areas between display posts
- semi-evergreen to evergreen
- turns purple in fall

ALTERNATE PLANT

- periwinkle

### katherine crab apple 20'
### malus 'katherine'

- flowers: large, double, pink to white
- small red fruits
- used here to terminate garden and to soften corner of house



### wood posts of varying heights

- pleasant surprises rising from ground cover
- discarded telephone poles, railroad ties, or tree rounds--buried in ground at least 1½', deeper for higher posts

### giant allium
### allium giganteum

- six-to eight-inch round purple flowers (from bulb) on five-to seven-foot stems
- a specimen "conversation piece"
- for summer color: geraniums (sun) impatiens or caladiums (shade)

### clay pots with seasonal flowers--geraniums, petunias, and mums

- pots of various sizes and styles must harmonize
- ideal for summering houseplants, if area is shaded

### clay tile or crockery

- larger elements provide "scale and balance" in the composition

Landscape architects: Crose Gardener Associates. Drawings: Lois Hatcher

and-burlapped trees. These can cost you from $50 to several hundred dollars each. A popular approach to the shade problem is to start with smaller, bare-root trees. When planted in large pockets of good soil and fertilized properly, these can attain good size in just a few years. Local nurseries stock good selections, and nursery catalogs expand your choices.

**Shrubs**

Since most deciduous shrubs are sold bare root and are not all that costly anyway, you can have a field day planting expansive shrub borders and interplanting the shrubs among the evergreen foundation plantings. These shrubs are your least expensive means of gaining privacy for your outdoor living areas, so don't delay too long in getting them planted. Lots of potted specimens are available, but many roots have been removed or jammed into the pots. You are really better off buying them with all their roots intact. You'll be tempted to leave all the branches after planting, but don't. It's important to cut all branches back at least half to balance roots to tops. With good care, shrubs will be big before you know it.

**Construction**

Patios, decks, and walks can take a big bite out of your landscape money, but you can cut your cost in half by doing the work yourself. Usually it only requires simple joinery, basic tools, and rudimentary skills, so give it a try.





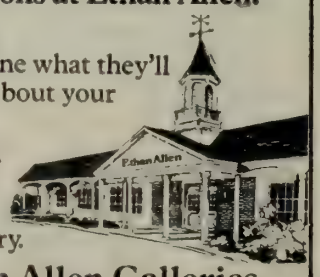

# Ethan Allen, Should the rug be red?



**You're never in doubt about your decisions at Ethan Allen.**

At Ethan Allen, we put rugs on the floor, where they belong, so you don't have to imagine what they'll look like on your floor. You're never in doubt about your decisions at Ethan Allen.

All across America there are Ethan Allen Galleries where you can furnish your home from top to bottom, from New England simplicity to Chippendale luxury.




**Come on over to our house. Ethan Allen Galleries.**




# GOOD NEWS



## A project center you can personalize

Since no two do-it-yourselfers specialize in the same type o projects—or have the same abilities—no one workbench wi satisfy everyone's needs. But if you'll take advantage of thi modular work center system, you can tailor your working en vironment to your working habits.

Components range from sturdy legs and brackets to shelves work surfaces, and cabinets. Just mix and match the parts t fit your own workshop requirements.

*Hirsh Work Centers,* from $17.95 in hardware departments The Hirsh Co., 8051 Central Park Ave., Skokie, Ill. 60076.



## Start your garden on a windowsill

You can get your garden off to a head start this season by starting your tomatoes from seeds, indoors. Each kit, neatly packed inside a shiny plastic tomato, contains everything you'll need for a potential 100-pound yield. The kit includes six Jiffy 7 pop-up peat pellets and Better Boy $F_1$ hybrid tomato seeds. Just add water to the containers, drop the seeds into the peat pellets, and set the plastic tomato halves in front of a window. Keep the pellets moist—and don't worry about overwatering; the inside structure of the planter keeps the peat pellets raised off the bottom so soaking is impossible.

*The Big Red Tomato,* $1.49 in garden departments. Sure Crop, Inc., 167 Cranston Ct., Glen Ellyn, Ill. 60137.

**continued**



At a White House reception in 1910, the wife of the Russian Ambassador stepped outside the bounds of decent society by asking President Taft for a cigarette. Taft stepped outside the bounds of decent society by giving her one and even lighting it. Taft was not re-elected.





Fashions: Sibley Coffee Ltd.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

17 mg. "tar," 1.0 mg. nicotine av. per cigarette, FTC Report Nov. '75




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# GOOD NEWS



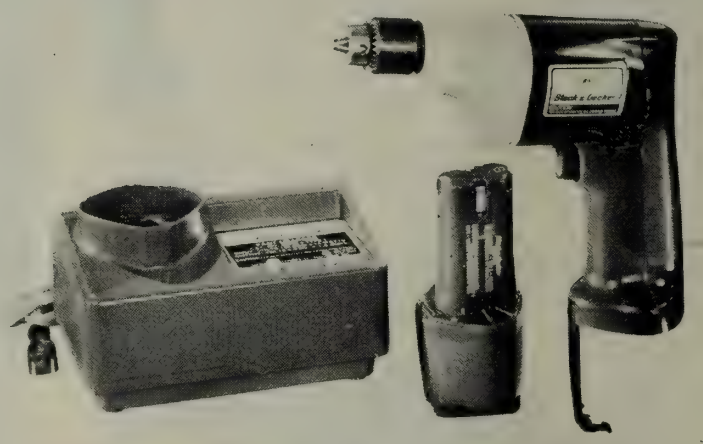
**Super-safe trimmer cuts without blades**

You can literally whip weeds down to size with this unusual grass and weed trimming tool. Instead of using whirling blades, this trimmer cuts with monofilament line, spooled on a head that rotates at approximately 6,200 RPM.

The monofilament cuts weeds in locations few conventional trimmers can reach. You can trim the edges along sidewalks, around trees, or even next to your house without damaging anything but the grass and weeds you're cutting, and with no danger of shattering hidden glass objects or hurling stones.

Both the switch and handle of the trimmer are double-insulated for safety. The D handle on the tool shaft can be positioned anywhere on the shaft to provide the operator with maximum control of the cutter head.

*Weed Eater Trimmer,* about $80. Deere and Company, John Deere Road, Moline, Ill. 61265.



**Rechargeable drill operates where others won't**

The first cordless electric drills were developed for use where conventional current wasn't available. But these drills have unique advantages over conventional drills, even when outlets are available. Obviously, there's no cord to contend with, but perhaps more important, there's no electrical hazard when working around grounded objects.

One drawback used to be that once the battery pack was fully discharged, the drill was inoperable until fully recharged —which took about 16 hours. But this new drill overcomes that shortcoming with a unique one-hour fast-charge cycle. When the drill runs out of power, you slip the battery pack out of the grip, pop it into the charger, and it's ready for more work in just 60 minutes.

*#1909 Professional Cordless Drill* with charger, $99.95. Other models (without fast charge) from $64.99. Black and Decker, Towson, Md. 21204.

**continued**

# Don't give your back a hard time. Be firm, with Serta's Perfect Sleeper.®

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Joey Heatherton



Serta®

SERTA, INC. Chicago, Ill.

**Isn't it time to be good to your back?**
**Serta Perfect Sleeper**



WHY SETTLE FOR AN IMITATION
WHEN YOU CAN HAVE THE ORIGINAL?

# Hidden Valley Ranch®. The Original Buttermilk Salad Dressing with the original taste.

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10¢ STORE COUPON 10¢

**Save 10¢ on any package of Hidden Valley Ranch Salad Dressing Mix. Ranch, Blue Cheese, Green Goddess, Creamy Italian, Thousand Island.**

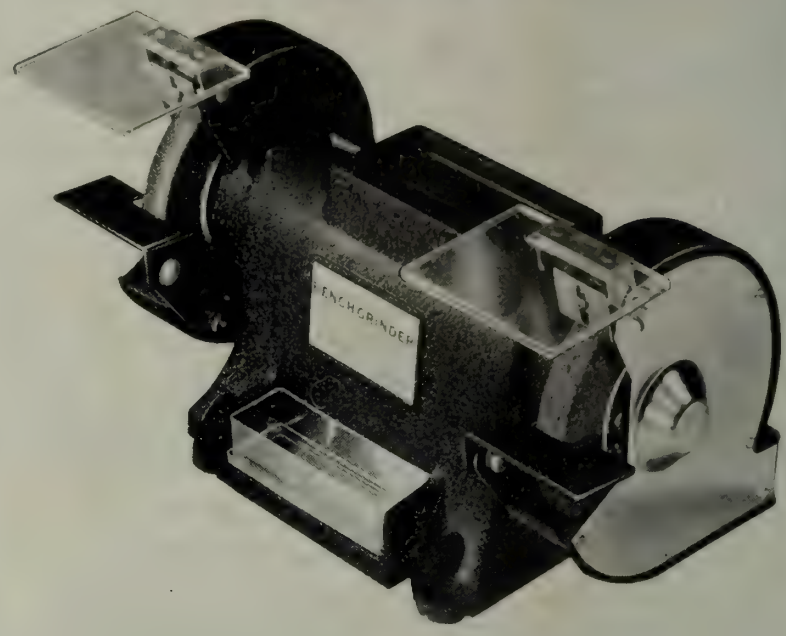
Mr. Dealer: Hidden Valley Ranch will redeem this coupon for 10¢ plus 5¢ handling if you receive it on your sale of any flavor or size of Hidden Valley Ranch Salad Dressing Mix. Any other application constitutes fraud. Invoices showing purchase of sufficient stock to cover coupons must be shown upon request. This coupon may not be assigned or transferred by you. Customer must pay any sales tax. Void where prohibited, taxed or restricted by law. Good only in the U.S.A. Cash redemption value is 1/20 of 1¢. For reimbursement mail to: Hidden Valley Ranch, P.O. Box 1430, Clinton, Iowa 52734. Offer limited to one coupon per purchase




1ORG576 1ORG576

10¢ 10¢

# GOOD NEWS



## Compact grinder keeps shop tools sharp

You can keep a keen edge on your shop and garden tools with this portable bench grinder. And since it's double insulated, you can use it safely almost anywhere without adapters or grounded outlets.

The universal motor draws four amps and drives the two ¾-by-six-inch grinding wheels at 3,550 RPM. The cog belt drive provides remarkable braking speed. For safety, the wheels come to a complete halt in less than seven seconds.

A small parts tray is molded into the housing, and there's a removable, front-mounted water tray for cooling tools being sharpened. Eye shields, tool rests, and spark arresters all can be adjusted to suit individual requirements.

*Wen #1800 6" Bench Grinder,* $59.95 in hdwe. depts. Wen Products Inc., 5810 Northwest Highway, Chicago, Ill. 60631.

## Grow tomatoes without staking



Designed for the home vegetable gardener, this unique fencing material forms an effective barrier to all the hungry little rabbits who want to share your vegetables. Overall height of the fence is 40 inches. Wire spacing for the first 12 inches is one by four inches; the remaining wires are spaced four by four.

The fencing material also is ideal for making "tomato cages." Cut a five-foot length, roll the fencing to form an upright cylinder, and place the cage over newly planted tomato seedlings. As the plant grows, it's supported by the wire, and no pruning or additional staking is necessary. And as fruit ripens, it's easily picked through the four-by-four upper wires. You'll find that cucumber plants are easy to keep under control—and yield well—in similar cages.

*Home Garden Fence,* about $15 per 50-foot roll, at Sears. ■



# It's Sears Colormates!

## Towels that match Bath Carpets that match Shower Draperies that match Loads of Accessories.

Choose from up to 15 glorious colors! Match them or mix them to give your bathroom an elegant new wardrobe.

Start fresh from the bath with Colormates Towels. Velvety soft on one side, thick terry on the other. Soft and absorbent 100% cotton.

Step out onto matching Colormates Bath Carpeting and Rugs. Soft, luxurious 100% DuPont nylon pile. And foam cushion backing. Lid and tank covers, too. All machine wash and dry beautifully!

Dress up your tub with elegant matching Colormates fabric Shower Draperies with the look of antique satin in Estron® acetate. Slip the matching vinyl liner underneath.

Now the finishing touches. Matching Colormates Bath Accessories. Shelves, hampers, wastebasket, scale and more.

It's easy to coordinate your own beautifully dressed bath with Sears Colormates. At most larger Sears, Roebuck and Co. stores and in the catalog.

Only at Sears



Ranges and Ovens



Compact Laundry Pair



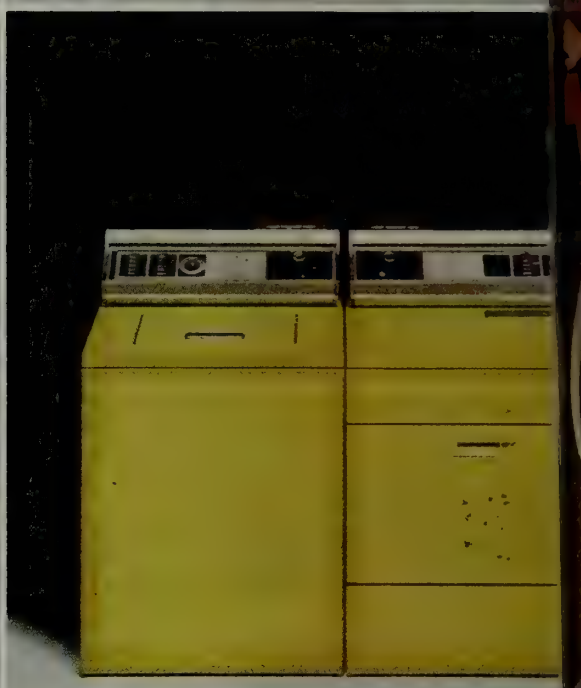
Dishwashers



Refrigerators



Freezers



Washers and Dryers



Trash Masher® Compactors



Room Air Conditioners



Disposers



Fifteen minutes of trying to lay a rope around these critters is enough to make an ol' cowhand yearn for something tamer. Like a Brahma bull.




Kodak film.
For the times of your life.

# Low-cost little gardens in pots

Ingenuity—that's what counts more than cash when it comes to container gardens. Even if you're at the tag end of your budget, that needn't deprive you of a cluster of potted plants to brighten your porch, steps, or patio. The following suggestions will help you get a big effect for a modest outlay.

- Invest in one package of seeds of a quick-growing annual—dwarf zinnias or marigolds, nasturtiums, miniature morning-glories, ageratum, or browallia. Split the seeds between several pots—you'll not only save money, but you'll end up with an effective mass of the same color.
- Build a grouping of shade-loving plants around one grand houseplant you're summering outdoors. The little plants around the key one can be cuttings you've taken from fibrous begonias, coleus, or other indoor plants. Plan to use these only in spots sheltered from high winds and scorching sun.
- Recycle divisions of perennials and ground covers and let them serve a summer as pot plants. Hostas, ferns, pachysandra, vinca, and liriope are just a few of the plants that adapt beautifully to container growing. If you live in a cold-weather zone, replant the divisions in the ground before hard frosts hit.
- Take cuttings of your mums as they come up this spring (or you can root longer tips you pinch back from the established plants). Root in a light soil and sand mixture, then plant in pots.
- Watch for after-May sales in local nurseries. Often, plants grown for the spring market and not sold will be reduced. Just don't buy any annuals that have turned completely yellow.

Remember that growing success with all potted plants depends on care. Container plants are at your mercy regarding water. They're in a smaller amount of soil than they'd get in the garden; their roots are restricted, and their containers are surrounded with air, which makes the soil dry out fast. It's time to water when the soil is almost dry. During extremely hot weather, many potted plants will need water every day. And, because frequent watering will wash nutrients out of the soil, it's a good idea to use a balanced plant food two or three times during the course of the summer.

Because of the frequent watering, it's important that the containers have adequate drainage holes in the bottoms. Clay and terra-cotta pots are good for the plants, and often are less expensive than the glazed ceramic containers. Wooden boxes and kegs with drainage holes in the bottoms also work well.



When ground cover spreads beyond the bounds you set, you have to dig or pull it. Here, three small divisions of overgrown pachysandra were potted up to cluster in front of an indoor maidenhair fern, moved out for the summer. A single liriope, left, and a *sprengeri* fern, right, complete the grouping on these shady terrace steps.



Photographs: Geo. de Gennaro. Source: Pauline Graves

One beautiful houseplant can be the focus of a container garden. This glossy Chinese evergreen teams with a trio of terra-cotta pots planted with coleus starts. This variety of coleus has light green leaves with red-brown trim—other varieties combine jeweltone reds and greens. ■


# Bassett. The beauty is in the making.

**From the Augusta County Collection.** The elegant styling is Georgian. The precision craftsmanship is 20th century. Together they inspire a new era of richness and warmth for your home.

Available at selected fine furniture stores everywhere. For decorating ideas with Bassett bedroom, living room, dining room, occasional and juvenile furniture, send $1 to Bassett Furniture Industries, Box BHG5, Bassett, Virginia 24055.





# A concrete slab can become a beautiful outdoor room with a Howmet Woodgrain Domed Skylight Patio Cover.

When you install a Howmet Aluminum Deluxe Patio Cover...you will get shelter, protection and an outdoor room with soft, filtered sunlight.

Howmet Domed Skylight patio panels are designed to eliminate the deep shade that is a common problem in conventional patio covers. The domed skylights are rigid extruded vinyl that interlock with precision formed aluminum panels, finished to look like natural wood but without the upkeep and maintenance that wood requires. The skylight panels are a barrier between you and the sun reducing its penetration so you enjoy the light without glare or heat.

You can enclose it with screens, make it an all weather room or leave it open, either way your patio surfaces are cooler. You have a comfortable fun room your family will enjoy. You have your choice of 15 maintenance free baked enamel trim finishes to complement any architectural styling at a surprisingly low cost. All with the famous Howmet warranty.*

For more information on how you can bring in soft sunshine to your patio, send for your free Howmet full color brochure and the address of a certified, quality Howmet dealer.

We have been carefully selecting local businessmen to sell and install quality patio covers for over 38 years. We have dealers in over 3,200 cities...the world's largest Awning and Patio Cover dealer network. Wherever you live one of our dealers is near you.

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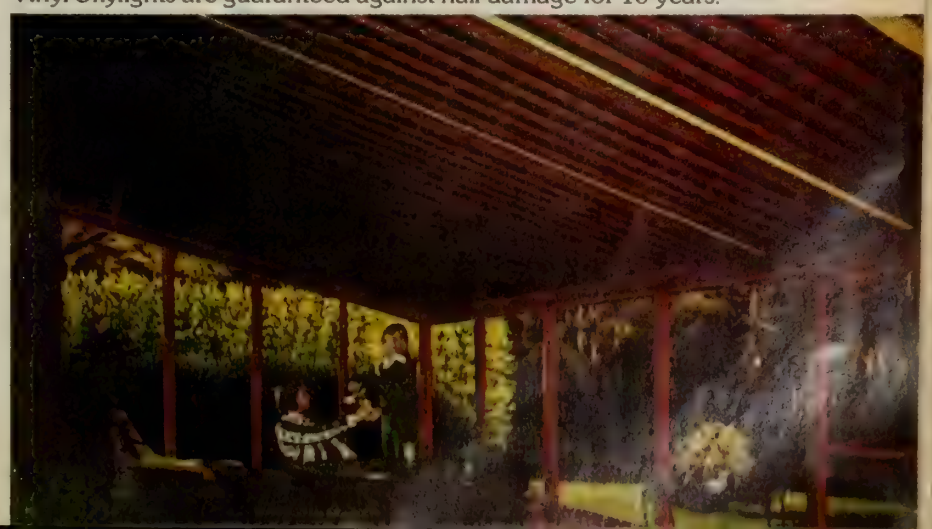
BHGM

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***Limited Ten Year Warranty:** Howmet baked enamel aluminum products are manufactured from the highest grade aluminum by skilled craftsmen to meet the highest standards of workmanship in the industry and are warranted against crazing, cracking, chipping, peeling, blistering or losing paint adhesion for a period of 10 years from date of installation. Howmet Rigid-Vinyl Skylights are guaranteed against hail damage for 10 years.



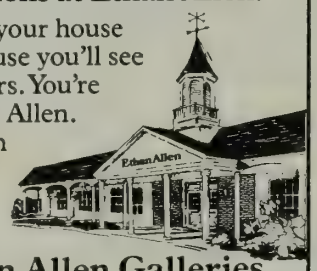
# Ethan Allen, Will the draperies match?



**You're never in doubt about your decisions at Ethan Allen.**

At Ethan Allen, you don't have to bring your house along to see if it matches our draperies. Because you'll see our draperies hanging in real rooms, like yours. You're never in doubt about your decisions at Ethan Allen.

All across America there are Ethan Allen Galleries with Home Planners to solve your trickiest decorating problem, whether you're just browsing or ready to buy.




**Come on over to our house. Ethan Allen Galleries.**



# DID YOUR GET-UP-AND-GO GET UP AND GO?

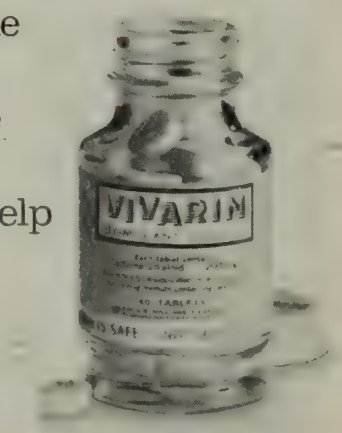
You know how it feels. You wake up full of zip. You're all set for a good day. But as the day wears on, you begin feeling fizzled out.

You need something to pick you up.

You need Vivarin.

Vivarin is a gentle pick-me-up. The active ingredient that makes Vivarin so effective is the caffeine of two cups of coffee squeezed into one easy to take tablet.

Vivarin...it can help put the get-up-and-go back into your day.





# DUAL-PURPOSE TABLES

One of the best ways we know to stretch your decorating dollar is to invest in good-looking furniture that's especially designed to do more than one job. In addition to saving money, you save lots of valuable floor space, too. This double-duty Parsons table and sofa bed prove our point.



Two space-saving ideas are evident in this photograph. The wide-wale corduroy sofa provides comfortable seating, and pulls out to accommodate weekend guests. And the Parsons table doubles as a coffee table and a just-the-right-height dining table. Its surface is long enough to provide elbowroom for two, and wide enough to take place mats.



Photographs: Hedrich-Blessing. Designer: Blanche Urbanek, ASID. Source: Jessie Walker

When there are four for dinner, it's a simple matter to pull a matching Parsons table from in front of another couch. Then there's room to set an attractive table—with space for a centerpiece, too. Two small chairs from the front hall provide extra seating. Keep this idea in mind when you're shopping for end tables, coffee tables, or cocktail tables. ■

# Q. Does Hotpoint pack a coupon for Tide in their new automatic washers?

# A. Do little boys get dirty?




As sure as kids get dirty, you'll find a 40-cents off coupon for Tide in new Hotpoint automatic washers. And that coupon's a pretty good reason to try Tide. As for sticking with Tide...well, that's up to you.

But when you see how well Tide gets out the dirt your kids get into, like the dirt they grind into their knees and elbows, you'll know you can trust Tide to get your kids' clothes clean, and the rest of your wash, too.



This Hotpoint model WLW5880, an 18-pound-capacity washer, features a Handwash™ agitator as well as special cycles, speeds, and water level settings for all fabrics. There is also an automatic soak cycle and an automatic rinse option.

**Tide has agreed with washer makers to supply Tide coupons packed by them and to feature their washers in Tide advertising.**

The makers of 17 washers pack Tide coupons in every top-loading automatic.

THE PERFECT GIFT FOR MOTHER'S DAY and all gift occasions!
the original BOWL-O-BEAUTY®
genuine long-lasting PATENTED REAL ROSES



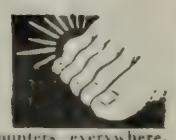
THREE ROSE CLUSTER
in crystal clear liquid. 6" bowl... Beautiful brass-plated antique finish base. Classic design.
Suggested retail $19.95
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Carol's illness prevented her from climbing these stairs like she used to. She could move to a one-story house, but she loves this house. A *Cheney Wecolator*™ solved Carol's problem by letting her ride from floor to floor quickly and comfortably. As the first stairway elevator to be UL-listed, it's virtually maintenance-free and can be installed in just a matter of hours. For a colorful brochure on *Cheney Wecolators*, or *Wheelchair Lifts* and *Wheelchair Van Lifts*, contact your local Cheney Representative or write: The Cheney Company, Dept. BG, 3015 S. 163rd Street, New Berlin, WI 53151. (414) 782-1100.

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**CHENEY Wecolators.**

**CORNS**



Removed by Mosco, also Calluses. Quick, easy, economical. Just rub on. At drug counters everywhere. *Money back if not satisfied.* Moss Chem. Co. Inc., Rochester, N.Y.

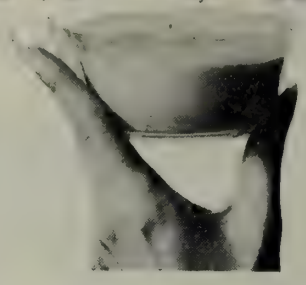
**MOSCO** ★CORN★ REMOVER



**When it's party time at your house, being with your guests is more fun than spending time in the kitchen. These hot appetizers can be prepared beforehand, and can be micro-cooked in minutes, so you can have a great time, too.**

# INSTANT APPETIZERS







Photographs: D

**APPETIZER KABOBS**
*Add the extra marinade to hamburgers or meat loaf. It's too tasty to throw away—*

- ¼ cup dry sherry
- 2 tablespoons water
- 2 tablespoons soy sauce
- 1 teaspoon sugar
- ⅛ teaspoon ground ginger
- 1 8-ounce can water chestnuts, drained
- About 12 slices bacon, halved crosswise

In a small bowl, combine sherry, water, soy sauce, sugar, and ginger. Add chestnuts (cutting large water chestnuts in half). Cover and marinate at room temperature at least 1 hour.

Place *half* the bacon at a time between several thicknesses of paper toweling in 10x6x2-inch glass baking dish. Micro-cook 4 to 4½ minutes or till bacon is nearly cooked. Wipe dish clean. Wrap a piece of the bacon around each water chestnut; secure with wooden picks. Place in the 10x6x2-inch dish. Micro-cook, uncovered, till bacon is done, 5 to 6 minutes, giving dish a quarter turn three times. Makes about 2 dozen appetizers.

**HOT CHEESE DIP**
*If you have any cheese dip left after the party, use it to top baked potatoes—*

- 1 7½-ounce can minced clams
- 2 5-ounce jars sharp process cheese spread
- ¼ cup finely chopped green pepper
- 2 green onions, thinly sliced
- 2 dashes bottled hot pepper sauce
- French bread, cut in 1-inch cubes

Drain clams, reserving ⅓ cup liquid. In 1-quart casserole, combine clams, cheese spread, reserved liquid, green pepper, onion, and pepper sauce. Micro-cook, uncovered, for 3 minutes, stirring once every minute. Serve hot with sourdough or French bread cubes as dippers. If dip cools during party; return to microwave oven for a quick reheating. Makes 1½ cups dip.

**CHINESE MEATBALLS**
*Meatballs micro-cook in a t ditional Oriental sauce—*

- ¼ cup milk
- 2 tablespoons fine dry bread crumbs
- 2 tablespoons finely chopped onion
- ⅛ teaspoon salt
- 8 ounces ground beef
- 1 teaspoon cornstarch
- 1 teaspoon sugar
- ⅛ teaspoon ground ginger
- Dash garlic powder
- 3 tablespoons water
- 1 tablespoon dry white wine
- 1 tablespoon soy sauce

Combine milk, bread crumb onion, and salt; add meat an mix well. Shape in 24 meatball Place in 9-inch glass pie plat Micro-cook, uncovered, for 4½ minutes, stirring once after minutes, or till just lightl browned. Remove meatbal from pie plate; discard juices an rinse plate well. Return meatball to dish; set aside.

In 2-cup glass measure, com bine cornstarch, sugar, ginger and garlic powder. Stir in water wine, and soy sauce. Micro-cook uncovered, for 1½ minutes, stir ring every 30 seconds. Pour ove meatballs. Micro-cook, uncov ered, 2½ minutes, stirring afte 1 minute. Makes 24 appetizers

**TIPS FOR MICROWAVE USERS**

**If you've started to adapt your favorite recipes to microwave cooking, these hints on timing may help you.**

- The more items you place in the microwave oven, or the larger the volume, the longer the cooking time will be.
- If the food is cold when you place it in the microwave oven, more time is required to heat it. A refrigerated item takes longer than one at room temperature; a frozen item takes longer than a refrigerated one.
- Foods with high fat or sugar content will heat faster than foods with less of these ingredients.
- Foods will cook more quickly and evenly if they are stirred or rearranged several times during cooking.
- Microwaves cook from the outside in, so arrange foods accordingly. Place the largest or thickest foods toward the outside of the plate and the smallest or thinnest foods toward the center.
- Remember to allow for standing time on some foods, particularly on dense items. If a food tends to hold heat for a long time, it will continue to cook after removal from the microwave oven.


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We all smoke for enjoyment. Remember?
Salem Longs never let me forget. They've got the good tobacco taste and menthol I enjoy. That's all I have to remember to enjoy smoking.
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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.
19 mg. "tar", 1.3 mg. nicotine av. per cigarette, FTC Report SEPT. '75.

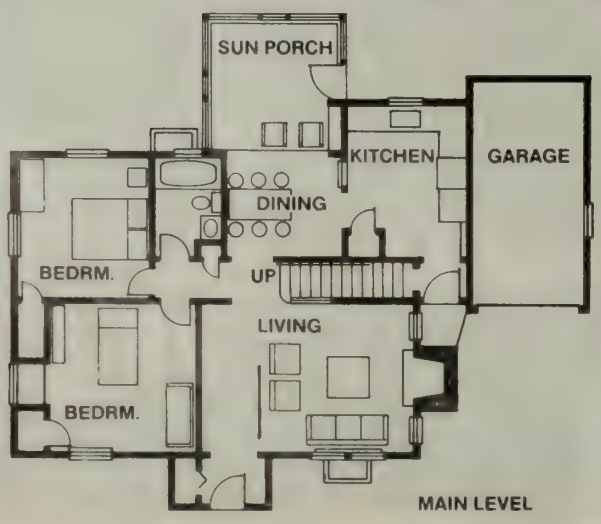
# WHAT YOU CAN DO WITH A HOUSE LIKE THIS

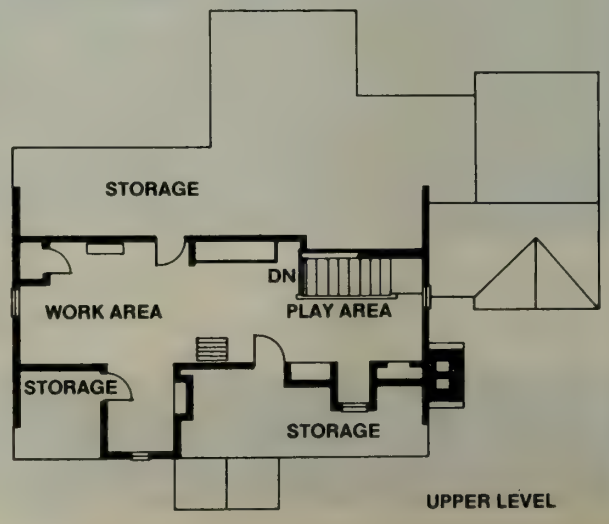



By David Haupert

**You've seen this house before somewhere—maybe with different siding or a detached garage, but otherwise a carbon copy. That's because thousands of these sturdy little numbers were built from coast to coast in the '30s and '40s. Dated but serviceable, the original 1,400-square-foot version easily adapts to a variety of personalities and uses—and doesn't require a major overhaul to take on new life.**

**Look at the example we've chosen. The family that engineered this snappy updating—Sigurd and Linda Stegmaier of Long Island, New York—bought the house in 1972 for $36,000, then invested just $3,000 more to pull off one of the neatest low-budget transformations we've seen. Let's see how they did it.**




Outside, the changes were minimal: Off went the old turquoise shutters and on went a shiny new paint job—white on the walls and dark brown on the trim. A big, bold house number on the garage door added a contemporary greeting for passersby.



The living room changes were mainly surface treatments such as painting the walls and trim, substituting skinny-slat blinds for draperies, reworking the mantel, adding built-in shelving on both sides of the fireplace, and refinishing the oak floors. To separate the hallway from the rest of the room, the Stegmaiers suspended a 4x6-foot sheet of tinted acrylic from the ceiling. A lineup of track lights above the hall accents graphics hanging on the end wall.



Directly behind the living room is the real core of the house—a dining/sun-room area and an efficient little kitchen adjoining it. Sigurd removed the old wall that used to separate the dining area from a 9x10-foot sun porch, added more window area, replaced the porch flooring, built a book niche, updated the radiator shield, and cut a pass-through into the kitchen.

Linda added many decorative touches, including the plant display (the pots are suspended by monofilament fishing line, anchored to ceiling hooks) and a multi-color rug she made out of wool scraps.

In the 7½x10½-foot kitchen, money was a major concern. The Stegmaiers felt it would be too expensive to replace the cabinets, so Sigurd removed some doors above the range to create an open-shelf look. Then Linda gave everything two coats of high-gloss paint, a dark green for the wall units and a shiny white for the base cabinets. A plant shelf in the window and new flooring rounded out the kitchen spruce-up.



In this view from the remodeled sun porch, the two director's chairs and the one-step jump in floor heights mark the boundary of the tiny 8½x8½-foot dining area. Sigurd and Linda joined forces here on the tedious drywalling and finishing work that was needed to blend the two areas together. But the crisp, clean lines of both spaces were well worth the many weekends of filling and sanding.

# WHAT YOU CAN DO WITH A HOUSE LIKE THIS





Out back, the old sun porch needed little changing—the roof, walls, and foundation were already there. The only structural improvement made was enlarging the window area. But the Stegmaiers put in lots of hours on transplanting bushes, adding new planting areas, and putting in a 7x8-foot, brick-on-sand patio. Now the backyard is a popular leisure-time hideaway.



Six-year-old Kimberly and her 16-month-old brother Tristan temporarily share the second bedroom—and until one of the children vacates the space next year, no major changes are planned. To brighten the drab quarters in the meantime, the Stegmaiers dressed up the walls, windows, and accessories with the same treatment used in the living room and master bedroom.

Redoing the minimal 10x10-foot master bedroom was more a furnishings job than a remodeling project. The room was barely large enough for a bed and dresser, and the oversize window and radiator beneath it only compounded the problem. One of the answers to the space squeeze was for Sigurd to design a wall-hung dresser. (A friend built it out of ash and laminated plastic.) Sigurd also designed—and built—a platform bed that rests on a recessed plywood base. Both units are scaled to preserve scarce floor space and avoid overwhelming the room.

One of the most valuable assets of a house like this one is the unfinished attic—in this case, 376 square feet of living space, ready to be put to use. The Stegmaiers needed a family room, play area, home office, and sewing nook, so the attic became a four-in-one activity center.

At the far end, a drawing board that doubles as a drafting/sewing surface marks the boundary line between work and play. The cove lighting above the window is just one of many special lighting effects throughout the house.

The stairway already existed, but Sigurd had to rebuild the opening topside so traffic could enter to the right, not left. He also reworked the framing around the stairwell, leaving only a stub wall so the space would be more open.

Lots of drywalling and detail work went into this project, but the Stegmaiers don't begrudge a bit of it. And they enjoyed adding such personal touches as the red fluorescent tube perched on a ledge along the stairway, the graphic handrail treatment, the bright guardrails, and the built-in bench.

Not so apparent in the photos is a valuable network of knee-wall storage areas (see plan on page 74) that open off both sides of the room and supply much-needed space for a whole host of stowables.



Future changes? They're in the works now. The Stegmaiers are already halfway through an ambitious basement remodeling that will yield an all-purpose room to handle the activities now relegated to the attic. What's in store for the attic? It's slated to become Kimberly's bedroom when her baby brother needs a room all his own. After the switch is made, the four Stegmaiers will have spread 1970s living enjoyment throughout three levels of a house whose usable space was once limited to the first floor.

# Make a big splash with little cash

By
Hamilton Mason,
Beverly Garrett, and Russell O'Harra



Photographs: George de Gennaro; Fred Lyon  Sources: Pauline Graves, Dorothy Campbell, Barbara Cathcart

**If you have an orchid taste but a petunia pocketbook, cheer up. The petunia and its bedding-plant cohorts can be fantastic. They'll fill your garden with sparkling color, and cost only a pittance. To prove it, we found some gardeners who have parlayed a few dollars' worth of flower seeds or inexpensive bedding plants into a wealth of beauty. Prices quoted are what these homeowners paid; costs will vary from place to place and season to season.**





**A patchwork of color**

If you want to hit the floral jackpot, try massing a mixture of plants in a large bed. This 5x14-foot, walk-bordering bed, *opposite,* presents a cascade of flowers that keep on coming to the very end of the season. To cut costs, many of the plants—marigolds, zinnias, and bedding dahlias —were planted from seeds. Sweet Williams, large marigolds, violas, petunias, vincas, and ageratums were purchased as plants in small flats. For such an expanse of color, the cost was surprisingly small—just $8. The large-flowered dahlia was a gift from a friend.

**B right color for shade**

You can cheer up the gloomiest corners of your garden with impatiens plants. The blossoms are small, but they're so abundant that the plants are heavily dotted with bright colors ranging from pure white through shades of red, pink, and brilliant orange. Impatiens prefer a little early or late sun but do nicely in filtered light. Just one flat of Zigzag mixture impatiens plants sufficed for this 8x3-foot bed, *top left.* The cost: $6.50, and there were plants left over for another bed and some pots—only three plants will fill a ten-inch pot.

**Deck-side calendulas**

You can't beat colorful flowers for dressing up a patio, and for this one, *left,* there couldn't be a better choice than a mass of calendulas. Their sunny yellow blossoms are a perfect match for the enameled furniture on the deck. The handsome redwood planter, with its mitered, 2x6-inch collar, makes a fine display case for the plants. This 4x6-foot planting area required two flats of seedling plants. At $8 per flat, the tab was $16, but enough plants were left over to plant a smaller bed by the kitchen door. Calendulas also are excellent pot plants.

# Make a big splash with little cash

## Tips for growing great flower beds

There's more to creating a lush bed of flowers than simply putting plants in the ground. Some advance planning and work will pay off all season long.

**Soil**

Even when you're replanting an established flower bed, be sure to turn the soil deeply and lighten it with peat moss, perlite, or vermiculite. This is the perfect time to blend in a flower food as directed on the label.

**Plants**

Have the bed ready before you buy the plants so they can be set out as soon as possible. Watch for specials on bedding plants, and if the budget is tight, grow as many types as you can from seeds. Zinnias, marigolds, dwarf dahlias, and nasturtiums grow quickly from seeds. An inexpensive way to get quantities of some plants, such as impatiens and fibrous begonias, is to buy a big, heavily branched plant a month before it's time to plant outside. Take three-inch cuttings and root them.

**Mulch**

Do yourself a big favor and mulch heavily between plants. This protective layer covering the soil all but eliminates weeds and cuts watering time and money by two-thirds. Grass clippings do a fine job, and they're free. Small bark chips cost a few dollars per bag, but they're worth it.

**Care**

If you have prepared and mulched the soil well, the rest is easy. Water each week when rains are light, then sit back and enjoy.





### Welcoming splash of color

For a floral greeting at your entry, an ageratum-bordered mound of petunias, like the one at right, can hardly be equaled. This 6x7-foot bed is just inside a front gate and is filled with Astro (a red and white bicolor) and Maytime (a salmon pink grandiflora) petunias, bordered with Blue Blazer ageratum. Four small flats of each (at 75 cents per flat) were needed for planting this bed, so the total cost was just $9. Petunias and ageratums are difficult to start from seed, so buy young plants for a fast, early start.

### Pansy-bordered patio

An astounding array of Giant Swiss pansies fills this planting area, *top left*, to the brim with multicolored faces that demand admiration. Redwood 2x4s framing the bed define the limits for the pansies and keep the grass in its place. A bonus of a pansy bed like this one is a bountiful harvest of blossoms. Since pansies bloom best when kept picked, you can have plenty of flowers for bouquets, too. Planting this 3x6-foot bed required one flat of 64 plants spaced six inches apart. The cost of the flat was $9.

### Flower-bordered walk

Why not point the way to your house with a band of color along the garden walk? Marigolds can handle the job handsomely because they give mounds of blooms throughout the growing season and require little care. Also, you have a choice of exciting yellows, golds, and oranges among the dwarf varieties available for your border. To plant marigolds six inches apart in a staggered row along a ten-foot bed, like this one, *left*, takes 40 plants. Five small flats at 75 cents each will give you all you'll need, so that totals out at $3.75. Or, if you're not in a hurry, plant seeds for less than a dollar. Sow three seeds in place of one plant.







By Pamela Wilson Cullison and Robert E. Dittmer

# MIND-OVER-MONEY DECORATING

**Imagination is the next best thing to a big fat bank account—especially when it comes to decorating. Without setting foot in a furniture store, you can solve a slew of decorating problems—and supplement your furnishings needs—simply by using everyday objects and materials in unorthodox ways. Some people have a knack for putting commonplace objects to creative use, but most of us need some food for thought. Here, then, are six pages packed with ideas. Go ahead and pluck an idea or two from each room we're showing and put it to use in *any* room in your house.**

**Rejects from a garage sale? Stragglers from the Salvation Army? Not quite. The items in this small photograph are the unlikely "furnishings" for the teen-ager's bedroom shown at left—before imagination got**



**hold of them. With a rainbow of color from paint cans and a burst of inventiveness, you, too, can create "something from nothing" in next to no time.**



Photographs: Mike Dieter

● Here's a newsworthy idea—cover your walls and/or floor with newspapers that have been collecting in the basement or garage. It's simple and you can brush up on the news while you're working. Just cover the wall (or floor) with wallpaper paste, then apply the papers page by page. When you're finished, cover your readable walls and floor with a coat of polyurethane.

● For a window treatment that's really unique, buy lattice strips from the lumberyard, then paint them in an assortment of crayon box colors. Drill holes near the top and bottom of each strip, attach with ring binders from the stationery store, then suspend the strips from a rod or a wooden valance. You could get the same effect with measuring sticks.

● You can create a well-rounded headboard effect by using ten-inch and 12-inch fiber forms. (Perhaps you've never heard of fiber forms before, but they're used in construction and are available at most building supply stores.) Cut the tubes to the width of the bed, then paint them as we did with high-gloss enamel.

● Lacking funds for a bedside lamp? You can have one inexpensively by going to your camera supply store and asking for a photo reflector with a clamp attachment. Attach the lamp to the bedpost or windowsill.

● Old school lockers, when fitted with shelves, make perfect stash-aways for clothes or whatever. To purge the lockers of their institutional look, paint them in bright, high-gloss colors. Lockers would be great not only in a kid's room but anywhere in the house where you need extra storage. Look for old lockers in junkyards or at secondhand shops. You might also inquire at wrecking companies about buildings or schools that are slated to be torn down.

● Create a colorful settee by painting a pair of folding metal chairs, then binding them together with twine. You'll find folding chairs at secondhand shops or the Salvation Army.

● You can fashion an elongated bedside storage/TV table by placing painted scrap lumber boards on top of cement building blocks. A small bedroom would benefit from this idea, and so would one occupied by two people who have to share space for reading material.

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# IMAGINATION SAVES MONEY

Photographs Mike Dieter Design Sara Giovanitti



**Do you have lots of wants but a limited budget? Then this room is for you because it's brimming with dollar-stretching ideas. You're sure to find several to brighten your scene.**

● If you know how to sew and how to build a basic box, you can whip up a money-saving seating platform like this one. The platform consists of a series of white-painted cubes, some topped with plump cushions and backrests, others left bare and used as a decorative ledge. The cushions are covered with inexpensive brushed denim, and the pillows are covered with an assortment of fabric remnants.

● In lieu of a lamp, try a big paper lantern. Hang it from the ceiling and attach the cord to a dimmer control if you have one so you can regulate the light to suit your mood. With your imagination in high gear, you can pretend the lantern is a big harvest moon.

● For a something-different window treatment that's practical, too, fit expandable safety gates inside a window frame, then create a garden spot for greenery. Do this by putting plants into lightweight cottage cheese containers, then affixing them to the gate with metal drapery hooks. Above the gate, hang simple, inexpensive bamboo blinds.

● A few years ago, people used to toss out their old wicker porch chairs. Not so today. New wicker chairs are pretty expensive, so old ones have come back with a bang. Freshened up with new cushions and a coat of paint, they do wonders for almost any room setting. You can find wicker chairs by shopping garage sales and flea markets. Wicker is likely to be more expensive at antique shops.

● For the price of one big poster you can have artwork for two walls. Simply wrap the poster around a corner, as shown here.

● The next time you go to Grandmother's house, see if you can't talk her out of her potato ricer. When you get it home, you can turn it into a good-looking conversation-piece plant stand.

● While you're in your imaginative mood, top a wicker basket with a tray, and presto, you've created a coffee table.

● Accessories are the finishing touches that give a room personality. If you can't afford the accessories you want right now, why not pinch-hit with vegetables or fruit, grouped in baskets or placed individually on tables? The only trouble is, your accessories are apt to be eaten.

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The Des Moines Reg





# MIRACLES FROM MUNDANE THINGS

**Imagination is good for more than saving money. By being inventive, you can style up any room. Who'd ever guess, for example, that the room at left was once a drab and dingy basement?**



**An off-beat mind can work wonders with mundane materials like these.**

Photographs: Mike Dieter





● What looks like a custom-made floor covering is actually porch paint applied in concentric arcs. The effect is infinitely more exciting than a cold-looking basement floor. Starting in a corner, attach the free end of a ball of string to a nail (or have someone hold the string in place). From the corner, measure 12 inches of twine, loop the twine around a pencil, then—keeping the twine taut—scribe your first arc on the floor. Repeat this process, increasing the length of twine by 12 inches for each subsequent arc. After you paint in the arcs, apply a protective coat of polyurethane.

● A discount center or a hardware store is the place to go for industrial steel shelving. Paint the inexpensive shelves with white high-gloss enamel and you have a contemporary storage/display unit that's perfect for books, accessories, and even a small TV.

● Behind the shelving unit, a sheet of corrugated steel gives the wall textural interest and shiny pizzazz. Corrugated steel is available at building supply stores. Use it to cover a small area, or be dramatic and cover an entire wall.

● To give importance to dinky basement windows, hang old storm windows in front of them, then cover the glass with frosted paper.

● Distinctive accessories don't have to cost an arm and a leg. You can make a big splash by arranging a bunch of bamboo plant stakes in pails filled with sand. To give the plant stakes extra status, place the pails on pedestals or on plywood cubes painted white.

● Need a coffee table? You can make one by turning a galvanized washtub upside down, then topping it with a round sheet of heavy-duty glass.

● Now that open burning is banned in most states, why not turn your wire trash burner into an end table? Simply scrub the burner, and top with a round piece of plywood. Filing cabinets can also do duty as end tables. In a rec room, you could use the cabinets for storing magazines and games.

● Propped with lots of pillows, a twin-size bed can serve as a comfortable sofa. To give your bed-turned-sofa a tailored look, toss colorful kindergarden rugs on top. They're available at variety stores.

● If you lack storage space for big, bulky items, don't forget to look overhead. This close-to-the-ceiling storage ledge is made from plywood and 2x4s, and is fitted with coffee can lights. To wire the lights, hang a socket and bulb inside of each can, run the cord through a hole drilled in each can, then connect the cords to a heavy-duty extension cord.

● Round up two sawhorses and a hollow core door, and you have the makings for a handsome dining table, desk, or practical work surface.

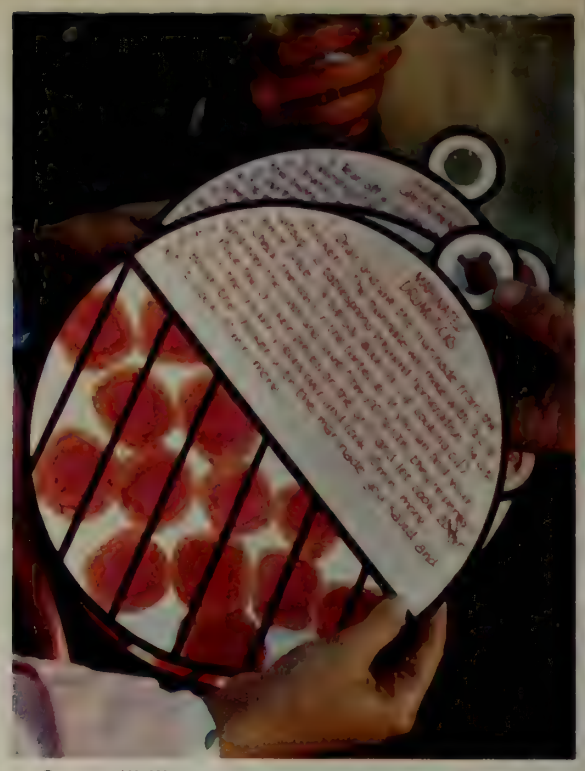
● For overhead light, wire three clay plant pots and suspend them from the ceiling.

● Folding auditorium chairs can be found at secondhand shops and the like. Painted high-gloss black, the chairs look pretty classy.

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HOW TO PUT TOGETHER A GET-TOGETHER

# MANY COOKS IMPROVE THE PARTY



Our grill-like recipe cards are made of two pieces of cardboard taped together so they can be propped up or hung in view.

By Doris Eby and Nancy Hopkins

Does the thought of entertaining a crowd give you goose bumps? It shouldn't. "The more" really can be "the merrier" if you get everyone into the act. Just gather the ingredients and the cooking gear, then stand back and let your guests have at it. Everyone custom-cooks to suit his or her taste—and everyone has a ball.

To demonstrate how stress-free a do-it-yourself dinner can be, we've dreamed up three different scenarios: a super casual cookout, a build-it-yourself sandwich spectacular, and a cook-at-the-table dinner. To make these easy-does-it parties even easier, we've plotted the action step by step and scene by scene–from pre-party planning to after-dinner coffee. You can't miss!

### STUFF TO DO AHEAD

**EQUIPMENT**

- Write each recipe on a card.
- If you're the crafty type, stitch up simple aprons (the grill guru will need one for sure). They're great party gifts.
- Set up the barbecue area with the grill, some charcoal, lighter fluid, and matches.
- Go through the recipes individually and gather all the gear that's needed to prepare the recipes—cutting boards, knives, measuring spoons, hot pads, mixing bowls, etc.
- Set up the working areas. Stationing guests in adjoining areas, or around the same table, keeps things friendly.
- For the ice cream area, line up the freezer, rock salt, ice, and a blanket to wrap the freezer for ripening.

HOW TO PUT TOGETHER A GET-TOGETHER

## SUPER CASUAL COOKOUT

**SUPER CASUAL COOKOUT MENU**

SAUSAGE NIBBLES
MARINATED DRUMSTICKS
BARBECUED
GREEN BEANS
SESAME ON THE GREENS
WHOLE WHEAT MUFFINS
STRAWBERRY-BANANA
ICE CREAM
CHILLED WHITE WINE

*Recipes begin on page 108*

When the guests arrive, have them select a recipe card—any card. (Or, hold a recipe drawing.) Then lead each guest to the spot where you've assembled the ingredients and the utensils for his or her particular recipe. With a glass of wine and the recipe fixings, the cooking becomes the afternoon or evening entertainment.

We're suggesting six recipes—a recipe for everyone in a six-person party. However, if you invite more than six people, a couple can fix a recipe together. Or, if you invite fewer than six, you can make the muffins or Sausage Nibbles ahead, then reheat. Also, you could start someone off cranking the ice cream freezer, then switch him to another recipe assignment while the dessert "ripens." (The ripening will take about four hours after the cranking has been completed.)

We've kept the recipes fairly simple so no one should get too frustrated or go too far wrong. As host or hostess you may want to leave the actual recipe making to your guests so you're free to float from preparation site to preparation site. There probably will be some lost utensil or overlooked ingredient you'll need to fetch. Also, most people like a few words of encouragement as they work.

Even if you're tempted, don't hover or try to direct the activities—let people progress at their own pace. And don't be too upset if everything doesn't get done exactly at the time you'd want it to for a sit-down dinner. Take it (and eat it) as it comes. You may wind up with a six-course, several-hour dinner, but who's in a hurry?



Photographs: de Gennaro. Food Stylist: Mable Hoffman



**Left:** The Sausage Nibbles are circulated hot from the oven.

**Right:** The aprons are stitched together from a bath towel, a hand towel (bib), a washcloth (face with button eyes), a kitchen towel and hot pad (front), and grosgrain ribbon (around the neck and the waist).

**Below:** Clockwise are the Barbecued Green Beans, Marinated Drumsticks, Whole Wheat Muffins, and Sesame on the Greens.



**FOOD**

- Make the shopping trip for all the items you'll need for the recipes.
- Marinate chicken four hours ahead.
- Set out the nonperishable items (i.e., salt, biscuit mix, sugar) in the individual areas.
- Chill the wine.
- Prepare any food items you aren't planning to assign to anyone.
- Prepare the ice cream mixture and have it ready to be cranked when the guests arrive.
- Just before guests arrive, set out the remaining perishable recipe ingredients in the areas.
- Greet each guest with a recipe card, an apron, a glass of wine, and a big smile.



Kibitzing is all in fun and entirely legal in every cooking situation.



Photographs: de Gennaro. Food Stylist: Mable Hoffman

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**Above:** Crispy greens serve as the salad base with tomatoes, red and green pepper slices, olives, zucchini wheels, cauliflowerets, and assorted dressings as adornments.

**Left:** Your secret weapon to score a win in the sandwich category has to be the aroma of bread baking in the oven. Be prepared for a struggle among guests over the first sandwiches out of the oven.

**Right:** To make the sandwiches, pat out a circle of dough, lay on the ingredients, fold over the dough to enclose the filling, then seal. Wait 20 minutes, then pop the dough into the oven. What could be simpler?







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HOW TO PUT TOGETHER A GET-TOGETHER

# A BUILD-IT-YOURSELF SANDWICH SPECTACULAR

If you think a three-ring circus is lively, wait till you set a four-station party in motion! To spread out the activity and smooth out the traffic flow, arrange the goodies for Freewheeling Sandwiches, a salad bar, a cookie-making depot, and a sampling of favorite and unusual beers in different areas. A bit of preplanning and preparation is required, but when guests arrive at your door, you have it made!

**A BUILD-IT-YOURSELF SANDWICH SPECTACULAR**

FREEWHEELING SANDWICHES
SATISFYING SALAD BAR
FUN-FILLED COOKIES
A SAMPLING OF BEERS

*Recipes begin on page 110*



## THINGS TO DO BEFORE EVERYONE ARRIVES

**EQUIPMENT**

- Canvass neighbors and friends for a few toaster ovens, or ask the guests to bring one along.
- Line up enough bowls or containers for the separate ingredients.
- Set out hot pads, kitchen towels, spatulas, bottle openers, and utensils.

**FOOD**

- Make a list of the ingredients needed for the sandwich fillings, bread and cookie doughs, the cookie fillings, the salad bar, and the beer tasting. Then make one big shopping trip.
- Chill the beer.
- Prepare the sandwich yeast dough or doughs and the cookie dough, then refrigerate up to 24 hours ahead.
- Cook the meats separately and keep refrigerated individually till the guests are about to arrive.
- Wash the greens and refrigerate to make them crispy.
- Chop, slice, and shred various vegetables and cheeses for the salads and sandwiches. (The potatoes should be cooked ahead and then chopped.) Everything can be refrigerated and stored in individual plastic bags.
- Set out the fillings for the cookies. (You may want to keep the cookie dough refrigerated till the cookie makers are ready to begin.)
- Put the beer on ice in its area.
- Set out the sandwich dough and sandwich ingredients.
- Set out the salad makings.
- Greet the guests and relax.





Pat out a slice of cookie dough, top with fillings, seal with second cookie slice, and bake.







Collect vegetables and meat chunks in wire ladles, then simmer in bubbling chicken broth. The two dipping sauces are Soy-Lime Sauce and Mustard Sauce. The cooking broth is terrific as a chaser.

## WHAT TO DO BEFORE THE PARTY STARTS

### EQUIPMENT

- For the main course, buy, beg, or borrow a Mongolian fire cooker. An electric wok or skillet will work well, too.
- Buy small cutting boards for the chopping part of the production. Send them home with your guests if you like.
- Find enough chopsticks so everyone can have a set.
- For the hot pot, you'll need wire ladles to hold the food in the bubbling chicken broth.
- You'll need plates, fondue forks, and an electric skillet or fondue pot for the strawberry course.
- Hunt up some Irish coffee cups or tall mugs—they're the perfect size for the Café International.

### FOOD

- Make a list and purchase all the ingredients needed for the hot pot and the strawberry recipe. Check your supply of liqueurs to see if you need to buy any.
- That day, chop the meat into bite-size pieces. Cover and refrigerate. Save the vegetables for the guests to slice and chop. Make the dipping sauces.
- Prepare the batter for the French Fried Strawberries. Wash the berries; pat dry and refrigerate till needed. Have the powdered sugar ready in a shaker.
- Set the liqueurs, spices, syrup, and orange twists on the coffee table. Refrigerate the chocolate curls.
- Start the charcoal for the hot pot. Heat the broth.
- About halfway through the hot pot cooking, heat the oil for the strawberries.
- Start the coffee before the strawberry course.
- Whip the cream just before the guests settle in at the coffee table.

HOW TO PUT TOGETHER A GET-TOGETHER

# COOKING-AT-THE-TABLE DINNER

Gather a group of friends around the table and set them to work concocting their own dinner. That's a surefire way to cook up a great party!

**Act I, Scene I—Around the kitchen table**

Have the guests chop-chop and slice-slice their own vegetable ingredients for an absolutely fuss-free entrée.

**Act I, Scene II—A while later**

It's "free trade" as guests swap up a basketful of good eating. Chopsticks add a bit of tradition and lots of horseplay.

**Act II—At a table with a washable surface (the oil spatters)**

French Fried Strawberries first take a dipping in a fritter batter, then fry to a gorgeous golden brown in the hot oil. A hard act to follow, but . . .

**Act III—Lazing around a coffee table**

For a mellowing finale, offer a menu for spiced and spiked-up coffee with liqueurs, whipped cream, and toppers. Sensational!

**COOKING-AT-THE-TABLE DINNER**

HOT POT WITH MEATS, FISH, AND VEGETABLES
FRENCH FRIED STRAWBERRIES
CAFÉ INTERNATIONAL
Café Israel
Café Benedictine
Café Columbian
Café Hollander

*Recipes begin on page 111*





**Above:** Batter-dipped strawberries fry till golden. The dessert tempura gives the berries a new look and taste. But be careful; those little fruit-filled nuggets are HOT right out of the pot!

**Below:** Give adaptable coffee a different character by adding a liqueur, whipped cream, and a garnish. For liqueurs, we're suggesting chocolate-mint, crème de cacao, orange-chocolate, coffee, or benedictine.





*Buying information, page 136*

# Bring on the Servers!

Serving pieces used to be a dull and dreary lot. Like poor relations, they were invited to the feast, but after the meal they were consigned to limbo—back to the pantry shelf to gather dust. It's a different story with today's servers. You see a small sampling perched around an antique tile stove, below. These serving pieces work hard at a multitude of tasks every day and manage to look fetching whether they're on the job, on the table, or on the sideboard. And often they can double as dashing accessories around living areas. Just for starters, turn a tureen into a fruit bowl, or fill a casserole with a graceful flower arrangement. Clockwise from the top of the woodpile, servers are: Generation pattern two-quart casserole; Summer Harvest Temper-ware casserole and warming stand with matching individual casserole; three sizes of Spal porcelain liter pitchers, great for sauces and gravies; flowered French porcelain oval casserole; handsome metal Octette pattern casserole with lid and scrollwork-topped warming stand; Heirloom pewter chocolate pot with attached lid; stainless fondue combination set with heating unit and tray; silverplate wine coaster and attached cork; Village Stoneware two-quart casserole with pierced Village Copper warmer stand; Craftmetal skillet with coordinated individual covered ramekins; Farmington pattern pewter serving spoon and fork; Amapola pattern long and narrow earthenware baker; (on stove door) Cambridge Colonial two-quart tureen; Limerick Ironstone coffeepot; green Kobenstyle saucepan; Pearson's brown bean pot and individual butter pat dishes.

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By Elizabeth D. Craster



# Revolutionary Soups!

## Main-dish soups you start with Campbell's.



### So hearty they taste like they've been simmering over an open fire.

Campbell's Soups have been helping to feed America for years and years. And now to help celebrate America's 200th birthday, Campbell's presents a sampler of soups that sum up our American way with food.

DOWN-HOME CHICKEN CHOWDER

4 slices bacon
1 can (about 4 ounces) sliced mushrooms, drained
½ cup chopped onion
⅛ teaspoon thyme leaves, crushed
1 can Campbell's Cream of Celery Soup
1 can Campbell's Chicken Vegetable Soup
1 soup can water
1½ cups diced cooked chicken
1 can (about 8 ounces) whole kernel corn, undrained
½ cup chopped canned tomatoes
Dash pepper

In saucepan, cook bacon until crisp; remove and crumble. Pour off all but 2 tablespoons drippings. Brown mushrooms and cook onion with thyme in drippings until tender. Add bacon and remaining ingredients. Heat; stir occasionally. Makes about 5½ cups. Recipe may be doubled.

CATCH-OF-THE-SEA CHOWDER

¼ cup diced salt pork
1 cup sliced celery
½ cup chopped onion
2 cans Campbell's Cream of Potato Soup
2 soup cans milk
1 pound fillet of white fish, cut in 2-inch pieces
1 cup sliced cooked carrots
1 can (about 8 ounces) whole kernel corn, drained
⅛ teaspoon pepper
1 medium bay leaf

In saucepan, brown salt pork; remove. In drippings, cook celery and onion until tender. Add salt pork and remaining ingredients. Bring to boil; reduce heat. Simmer 10 minutes or until fish is done; stir often. Remove bay leaf before serving. Makes about 8½ cups. Recipe may be doubled.




# Give me the Campbell Life.

IF PRIME CHOICE® CAN IMPROVE
THE TASTE OF STEAK, IMAGINE
WHAT IT CAN DO FOR GROUND BEEF.

# INTRODUCING THE CHOICE ENTREE: BEEF LUAU.



If you want to turn ordinary ground beef into an exotic entree, put some Prime Choice® Steak Sauce in it. Prime Choice is the only steak sauce with just the perfect hint of sweetness to add the kind of flavor that makes it perfectly delicious.

For an exotically delicious dish follow the recipe below. And remember, it won't be a luau worth feasting over, unless you use Prime Choice.

FAMILY FOOD IDEAS




## Beef Luau

**Patties**
1½ pounds ground beef
1½ teaspoons salt
¼ teaspoon pepper
1 clove garlic, minced
1 tablespoon minced onion
2 tablespoons Prime Choice

Combine all ingredients thoroughly. Shape into six patties and brown well on both sides in large frying pan. Remove from pan. Make sauce in frying pan.

**Sauce**
1 can (8 oz.) chunk pineapple in juice
1 can (14 oz.) beef broth
¼ cup Prime Choice
¼ cup cornstarch
¼ cup water
⅛ teaspoon ginger
2 tablespoons brown sugar
1 orange, sliced very thin
1 green pepper, cut into strips

Drain pineapple chunks, reserving ¼ cup juice. Combine juice with beef broth and Prime Choice. Mix cornstarch and water to make a paste. Stir into broth mixture. Add ginger and brown sugar. Cook, stirring constantly, until mixture becomes transparent. Return patties to sauce and heat through. Add pineapple, orange slices and green pepper. Cover and cook until tender crisp. Serve with steamed rice.



# Win money for your recipes

## Brunch Main Dishes—Cranberry Desserts

**Do your holiday meals include a special brunch** main dish that's second only to the Christmas day dinner? Or, is your feast day finale a spectacular cranberry dessert? We're looking for both. Send your recipes today for either or both categories and you could be a prizewinner next December. Two Cooks-of-the-Month receive $50 each. Four Runners-up receive $25 each, and 12 Honor Roll winners get $10 each. The selected winning recipes will be pictured on the Prize Tested Recipes pages next December. All 18 winners receive a framed Better Homes and Gardens Certificate of Endorsement and six copies of the endorsed recipe.

## Hints to Help You

**Brunch main dishes** can feature eggs, cheese, meat, or seafood in a fancy casserole or as the topping for waffles, muffins, herbed biscuits, or popovers. Maybe you give a different twist to omelets, pancakes, or crepes for a special holiday brunch dish. Suggestions:

*cheddar toast squares*
*ham and egg loaf*
*cream puff a la king*
*Swiss potato puffs*
*buttermilk bacon blintzes*

**Cranberry desserts** can begin with fresh, frozen, or canned berries. Perhaps you choose juice, sauce, or relish for that special tang. Do you make a refreshing cranberry ice, a chiffon, a cobbler, or a cheesecake? Maybe you team cranberries with other winter fruits. Hints:

*cranberry tortoni*
*steamed berry-plum pudding*
*spicy cran-banana squares*
*cranberry-orange trifle*
*two-berry meringue torte*

## THIS MONTH'S WINNERS

*(See recipes on pages 99 and 100.)*

### Cooks-of-the-Month

Clara Beth Negoro, Gardena, Calif.
Elizabeth Schneider, Lacona, Iowa

### Runners-up

Alice J. Browning, Doraville, Ga.
Mary Hollis, Thayer, Mo.
Constance M. Johnson, Taylor, Mich.
Mrs. Susan Stroock, Emmaus, Pa.

### Honor Roll

Margaret Blakely, New Philadelphia, Ohio
Mrs. Karen Bliss, Franklin, N.J.
Mrs. Joanne Ehrlich, Russell, Kansas
Frances Fellows, Flint, Mich.
Carolyn R. Frickel, McLean, Va.
Mrs. Sandra M. Harley, Lansing, Mich.
Merrily Ickes, Lake Bluff, Ill.
Charmaine Laing, Highland Park, Ill.
Robert C. May, Cambridge, Mass.
Mrs. Mary Ruth Riley, Burnsville, Minn.
Marie Vaughan, Bucyrus, Ohio
Nancy L. Williams, Burton, Mich.

## CONTEST RULES

1. **Write or type your recipe clearly on one side of the paper and mark it "December Brunch Main Dishes" or "December Cranberry Desserts." If you wish, send a recipe for each of the two categories.**
2. **Print your full name and address in upper right corner of paper.**
3. **Give measurements in *level* cups, tablespoons, teaspoons.**
4. **Specify brand names of the *nationally* known food products you use as ingredients so we can test your recipe with the same brands.**
5. **Include 50 to 100 words about the origin of the recipe you submit.**
6. **Recipes submitted become property of Meredith Corporation.**
7. **Entries must be postmarked by midnight, May 31. In cases where duplicate recipes are submitted, the one with the earliest postmark will be judged. All judges' decisions will be final.**
8. **We reserve the right to adjust and edit winning recipes.**
9. **Address the recipes you enter to 7605 Test Kitchen, Better Homes and Gardens, Des Moines, Iowa 50336.**



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Buying information, page 136

File under Casseroles and one-dish meals

# COOKING WITH HERBS

## Turkey Drums in a Bag

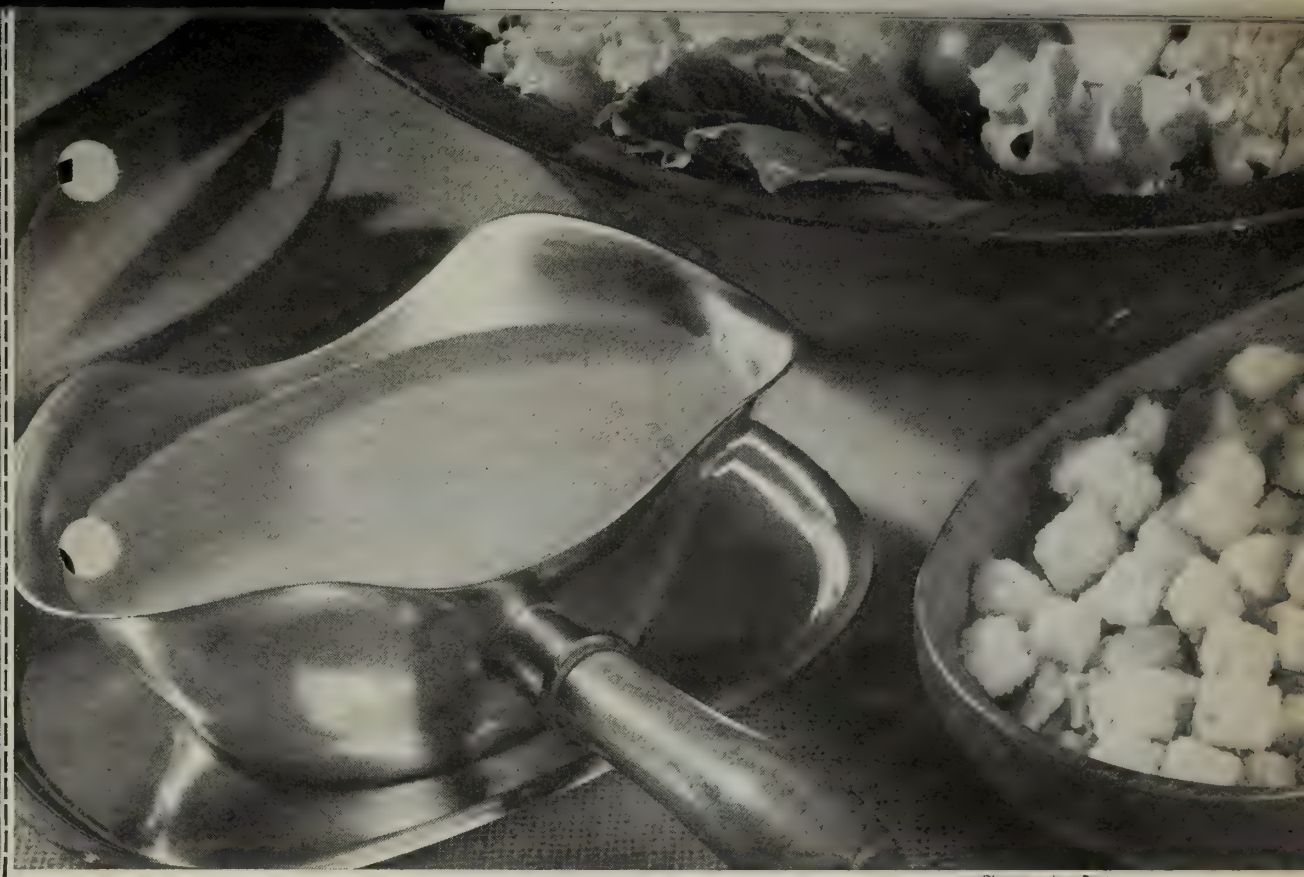
*Deliciously seasoned drumsticks boast prizewinning flavor—*

1 cup *each* finely chopped onion, carrot, and celery
⅓ cup catsup
1¼ teaspoons salt
½ teaspoon paprika
⅛ teaspoon pepper
2 turkey drumsticks (3 to 4 pounds)
3 tablespoons all-purpose flour
½ cup chicken broth
⅓ cup dry white wine
1 teaspoon dried oregano, crushed
2 bay leaves, crumbled
¼ cup cold water

Combine onion, carrot, celery, catsup, salt, paprika, and pepper; pat over turkey legs. Place *1 tablespoon* of the flour in a large (18x12-inch) oven cooking bag; shake to coat inside. Place bag in 13x9x2-inch baking pan. Carefully transfer turkey to bag. Combine broth, wine, oregano, and bay leaves; pour into bag. Close and fasten. Cut slits in top of bag. Bake at 350° for 1½ hours. Remove drumsticks to platter; keep warm. Turn remaining juices and vegetables into saucepan; boil vigorously to reduce liquid to 2 cups. Blend the remaining *2 tablespoons* flour and the water; stir into pan juices. Cook and stir till thickened and bubbly. Slice turkey; pass gravy. Makes 4 servings.

*Clara Beth Negoro, Gardena, Calif.*





Photographs: Dieter

File under Salads

# HOMEMADE SALAD DRESSINGS

## Creamy Mushroom Salad Dressing

*This soup-based blender dressing is our first-place choice in the homemade salad dressing category—*

1 can condensed cream of mushroom soup
1 small slice onion
¼ cup grated parmesan cheese
3 tablespoons worcestershire sauce
2 tablespoons vinegar
½ teaspoon paprika
⅛ teaspoon pepper
½ cup salad oil

In blender container, combine undiluted soup, onion, parmesan cheese, worcestershire sauce, vinegar, paprika, and pepper; cover and blend till combined. Turn blender on low speed. Through hole in lid, or with lid slightly ajar, gradually add oil in thin steady stream. Turn mixture into jar or plastic container. Cover and chill. Serve over mixed green salad and top with croutons, if desired. Makes about 2 cups dressing.

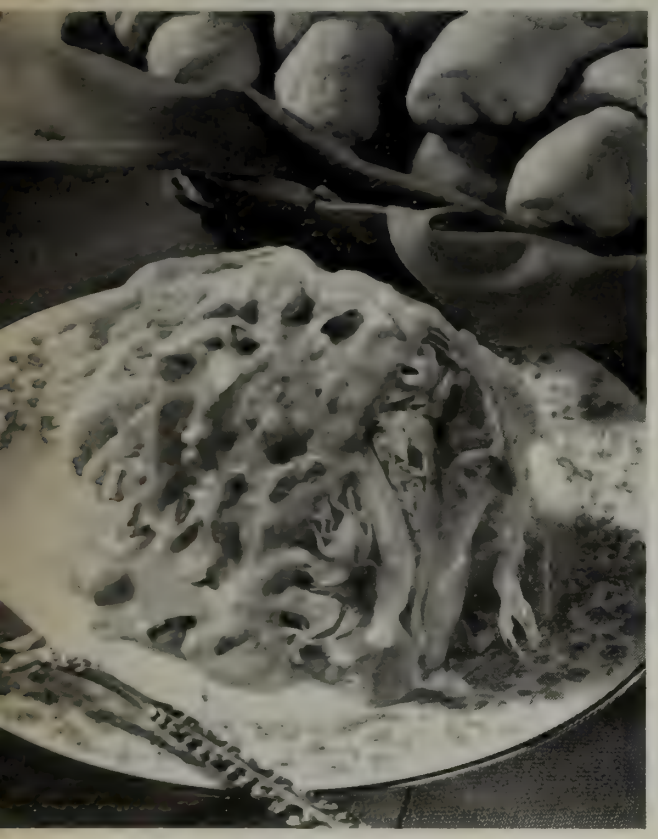
*Elizabeth Schneider, Lacona, Iowa*

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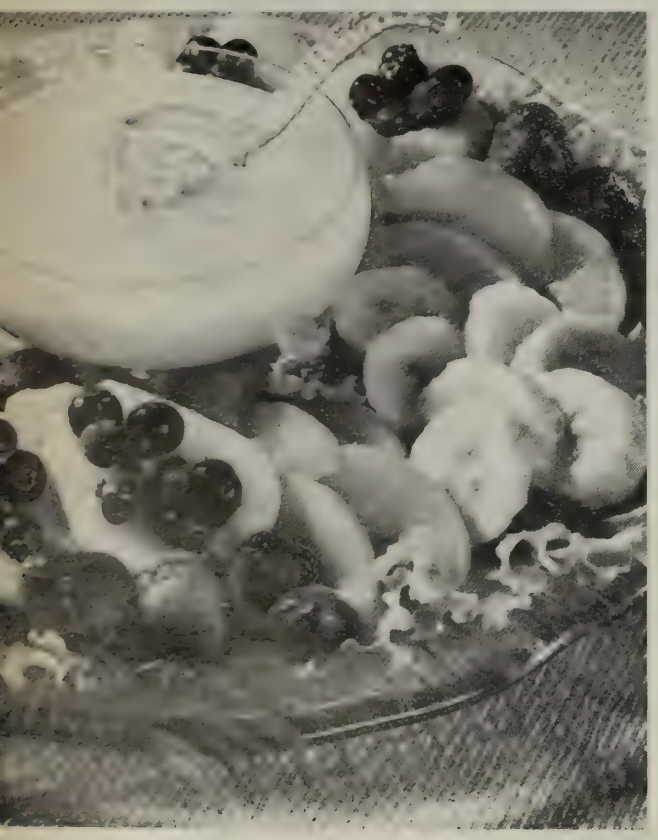
## Ripe Olive Salad Dressing

*Olives and hard-cooked egg add interest to this tangy dressing—*

1 cup mayonnaise or salad dressing
⅓ cup chili sauce
½ cup pitted ripe olives, chopped
1 hard-cooked egg, chopped
¼ teaspoon celery salt
¼ teaspoon garlic salt
¼ teaspoon dried basil leaves, crushed
¼ teaspoon worcestershire sauce

In mixing bowl, combine all ingredients; mix well. Cover and chill. Serve atop lettuce wedges, or torn greens. Makes 1¾ cups salad dressing.

*Constance M. Johnson, Taylor, Mich.*



## Lemony Fruit Dressing

*A sweet, fluffy topper for fresh summer fruits—*

⅓ cup sugar
1 tablespoon all-purpose flour
½ teaspoon finely shredded lemon peel
¼ cup lemon juice
1 well-beaten egg
1 cup tiny marshmallows
1 cup mayonnaise or salad dressing

In a 1-quart saucepan, combine sugar and flour. Stir in lemon peel, juice, egg, and marshmallows. Cook and stir over low heat till mixture thickens slightly and marshmallows melt, about 10 minutes. Cool slightly; fold in mayonnaise or salad dressing. Cover and chill. Serve with fruit salads. Makes about 2 cups salad dressing.

*Alice J. Browning, Doraville, Ga.*



## Chicken Livers Tarragon

16 ounces chicken livers
½ cup thinly sliced celery
½ cup chopped onion
2 tablespoons butter or margarine
1 10½-ounce can beef gravy
1 3-ounce can sliced mushrooms, drained
¼ cup dry white wine
½ teaspoon salt
½ teaspoon dried tarragon, crushed
Dash pepper
1 tablespoon cornstarch

Cut up large livers. In 10-inch skillet, cook celery and onion in butter or margarine till tender. Add chicken livers; cook just till browned, about 5 minutes. Stir in gravy, mushrooms, wine, salt, tarragon, and pepper. Cover; simmer 5 minutes. Combine cornstarch and *1 tablespoon cold water;* stir into liver mixture. Cook and stir till bubbly. Serve over hot cooked rice, if desired. Makes 4 servings.

*Mrs. Susan Stroock, Emmaus, Pa.*




## Cheesy Macaroni and Meatballs

2 slightly beaten eggs
¾ cup soft bread crumbs (1 slice)
2 tablespoons *each* finely chopped onion, green pepper, and parsley
½ teaspoon dried oregano, crushed
¼ teaspoon garlic salt
1 pound ground beef
1 7¼-ounce package macaroni and cheese dinner mix
1 2½-ounce package sour cream sauce mix
½ teaspoon dried oregano, crushed
2 cups milk

In medium bowl, combine eggs, crumbs, onion, green pepper, parsley, the first ½ teaspoon oregano, the garlic salt, and a *dash pepper.* Add ground beef; mix thoroughly. Shape in 24 meatballs. Place in shallow baking pan. Bake in 375° oven for 20 minutes. Meanwhile, cook macaroni according to package directions; drain. Combine dry cheese mix from packaged dinner, sour cream sauce mix, and the remaining oregano; beat in milk. Stir in cooked macaroni. Turn into ungreased 12x7x1½-inch baking dish. Top with meatballs. Bake, uncovered, in 375° oven for 20 to 25 minutes. Makes 6 servings. *Mary Hollis, Thayer, Mo.*



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# SHORT-CUT SPRING FLOWERS



Having trouble composing those early spring blooms into gay bouquets? If the flowers defy arranging because of size, rubbery stems, and brittle heads that break off, try any one of our lovely arrangements shown here. We used short-cut tulips with a variety of tiny posies. But if small-scale flowers are in short supply (sometimes they're hard to find when tulips are in bloom) substitute feathery foliage or small leaves. Bare-stemmed tulips (right) are combined with a full froth of purple and white violets in a rectangular ceramic container. Early tulips often present difficulties because of their limp stems. You can harden them by immersing them in a bucket of tepid water overnight. To arrange violets, hold small clusters in your hand and band them together loosely with tape or an elastic band. Insert individual bunches between and around the tulips. We completed the formal table setting with handsome bisque-bordered china and graceful crystal stemware.



Two small-mouthed vases will solve the short-stem problem. Band together a clump of lily-of-the-valley and surround with a half ruffle of foliage for the taller vase. Use one large bloom for the shorter vase—any dramatic full-blown flower like our tulip will fill the bill. Wind floral tape around the stem if it's too thin to fit the mouth of the vase snugly. When tulips open too quickly, fold petals together and hold them in place with a band of floral tape. After tapes have been removed, blooms reopen quickly.



A jaunty spring window box inspired this arrangement. To duplicate, cut tulips fairly short and at varying lengths. Place them along the rectangular container in individual needlepoints. Fill in with tightly packed spiky leaves of hardy ribbon grass, or use gladiolus foliage. At the base, tuck in bellflowered Jacob's-ladder for an accent. When working with long, deep containers, cut the tallest flower one and a half times the length of the container.



Photographs: Hopkins

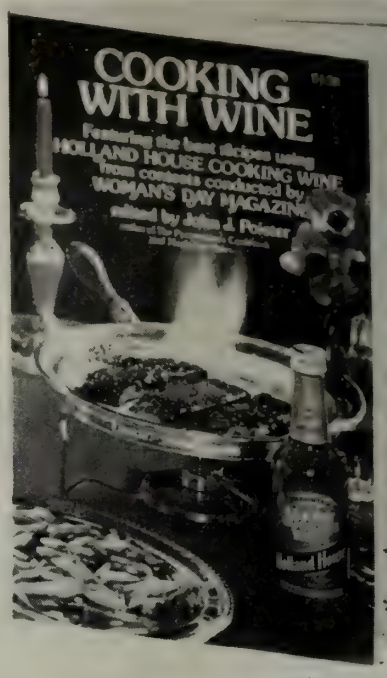
This basket bouquet features Flamingo tulips with wild phlox and yellow primroses at the base. You can use any low basket for this composition. Choose a small glass bowl that fits the bottom of the basket and secure with dabs of floral putty. Insert the short-stemmed tulips in a needlepoint and surround with bunches of phlox banded loosely together with a few wild primroses inserted at random. When packing many blooms into a small bowl, add extra water morning and night.


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## Chicken à la Marseilles

- 4 medium chicken breasts with wings
- salt and pepper
- 2 tablespoons oil
- 1 tablespoon all-purpose flour
- ¾ teaspoon dried thyme
- 1 medium onion, coarsely chopped
- 1 garlic clove, crushed
- 1 cup HOLLAND HOUSE® White Cooking Wine
- 2 tablespoons catsup
- ¾ cup sliced celery
- 1 small green pepper, diced
- 1 can (4 oz.) sliced mushrooms, drained (optional)
- 4 servings MINUTE® Rice
- 1 large tomato, cut in wedges

Sprinkle chicken with salt and pepper; brown well in hot oil in large skillet. Remove from skillet. Blend flour and thyme into pan drippings; add onion and garlic and cook for 2 minutes. Stir in wine and catsup; add chicken, skin side down. Cover and cook for 25 minutes; add celery, green pepper, and mushrooms; cook about 15 minutes longer, or until chicken is tender.

Meanwhile, prepare rice as directed on package. Spoon onto serving platter; top with chicken. Add tomatoes to skillet and simmer about 2 minutes. Spoon vegetable mixture over chicken and rice. Makes 4 servings.





# ground beef surprises



**GRAUTBROK** *(Meat-filled Pasties)*

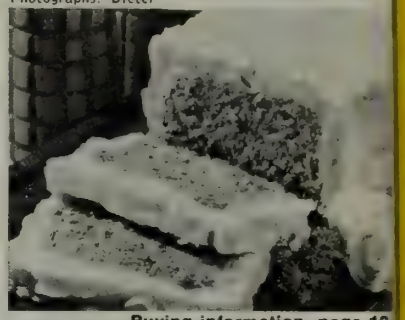
- **1 package active dry yeast**
- **¼ cup warm water**
- **¼ cup milk**
- **2 tablespoons sugar**
- **3 tablespoons butter or margarine**
- **½ teaspoon salt**
- **2 to 2¼ cups all-purpose flour**
- **1 beaten egg**
- **1 pound ground beef**
- **½ cup chopped onion**
- **½ teaspoon garlic salt**
- **½ teaspoon salt**
- **3 cups shredded cabbage**
- **⅓ cup cold water**
- **1 tablespoon all-purpose flour**

Soften yeast in the ¼ cup warm water (115°). In medium saucepan, combine milk, sugar, butter or margarine, and the first ½ teaspoon salt. Heat and stir till the butter or margarine almost melts. Add about 1 cup of the flour; beat well. Add egg; beat well. Stir in softened yeast. Stir in enough of remaining 1 to 1¼ cups flour to make a moderately stiff dough. Turn out on lightly floured surface. Knead till smooth and elastic, about 5 minutes. Place in greased bowl, turning once to grease surface. Cover; let rise in warm place till double, 1 to 1¼ hours.

Meanwhile, make *Meat Filling:* In skillet, cook ground beef, onion, garlic salt, and the remaining ½ teaspoon salt till meat is browned and vegetables are tender. Drain off excess fat. Place cabbage over meat. Cover skillet and cook mixture over low heat 10 minutes or till cabbage is tender. Combine the ⅓ cup cold water and remaining all-purpose flour. Stir into meat mixture. Cook and stir till mixture thickens and bubbles. Cool slightly.

Punch dough down. On lightly floured surface, divide dough in 12 pieces. Cover and let rest 10 minutes. Roll each piece of doug to a 4-inch circle. Place about ! cup Meat Filling on half of eac circle. Dampen edges of pastry Fold in half and seal edges wit tines of fork. Place on grease baking sheet. Let rise 30 minutes Bake in 425° oven for 8 to 1 minutes or till golden brown Serve with warmed catsup, if de sired. Makes 12 pasties.

Photographs: Dieter



Buying information, page 13

**FROSTED MEAT LOAF**

*The meat loaf hides inside a mashed potato blanket—*

- **2 beaten eggs**
- **1 8-ounce can tomato sauce**
- **⅔ cup crushed saltine crackers (16 crackers)**
- **¼ cup finely chopped onion**
- **1 tablespoon chopped green pepper**
- **1 teaspoon salt**
- **¼ teaspoon dried thyme, crushed**
- **¼ teaspoon dried marjoram, crushed**
- **1½ pounds ground beef**
- **Instant mashed potatoes (enough for 4 servings)**
- **1 slightly beaten egg**
- **1 cup shredded carrot, cooked**

In bowl, combine the 2 beaten eggs, the tomato sauce, crackers, onion, green pepper, salt, thyme, and marjoram. Add ground beef and mix well. Pat into 8½x4½x 2½-inch loaf pan. Bake in 350° oven for 1¼ hours. Remove from oven; let stand a few minutes. Drain off excess fat. Invert loaf onto baking sheet. Increase oven temperature to 400°. Meanwhile, prepare potatoes according to package directions, *except* use half the milk called for on package. Beat in remaining egg. Fold in the cooked, shredded carrots. "Frost" loaf with potatoes. Bake the loaf in 400° oven for 10 to 12 minutes or till potatoes are hot through. Garnish with carrot curls and parsley, if desired. Makes 6 servings. ■

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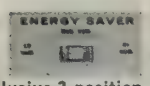
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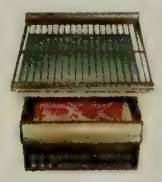
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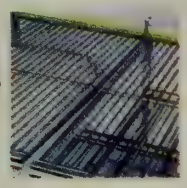


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**30-minute menu**

# Short-cut Skillet Supper

**MENU**
**Spanish Steak and Rice**
**Quick Waldorf Salad**
**Hard Rolls Butter**
**Chocolate-Banana Tarts**
**Milk Coffee**

You really can prepare this taste-winning dinner for your family in a half hour—without even rushing. Just gather together all the ingredients, and cut and slice as needed. Assemble the salads and tarts, then cook the skillet main dish. Pour the beverage and you're set.



**SPANISH STEAK AND RICE**

*Spanish rice mix adds a flavor flourish to this hearty, yet easy, skillet main dish—*

- **1 6-ounce package instant Spanish rice mix**

• • •

- **1¼ to 1½ pounds beef minute or cube steaks, cut in ½-inch strips**
- **2 tablespoons cooking oil**
- **1 medium green pepper, seeded and cut in strips**

• • •

- **1 cup cold water**
- **¼ cup hot-style catsup**
- **1 tablespoon cornstarch**
- **1 teaspoon sugar**
- **1 teaspoon salt**

Prepare Spanish rice mix according to package directions; keep rice warm over low heat. Meanwhile, in large heavy skillet, brown meat strips quickly in hot oil. Add pepper strips. In screw-top jar, combine water, catsup, cornstarch, sugar, and salt; shake to blend. Add to meat mixture in skillet. Cook over medium-high heat stirring constantly, till mixture thickens and bubbles. Cook and stir 1 to 2 minutes more. Serve meat and pepper mixture with hot cooked Spanish rice. Makes 6 servings.



Photographs: Dieter

**QUICK WALDORF SALAD**

*Use fresh seedless green grapes when available—*

- **1 4-ounce container whipped cream cheese**
- **¼ cup milk**
- **1 tablespoon lemon juice**
- **⅓ cup chopped walnuts**

• • •

- **2 small unpared apples, cored and sliced**
- **½ cup pitted dates, halved lengthwise**
- **1 8¼-ounce can seedless grapes, drained**
- **Lettuce**

Combine the whipped cream cheese, milk, and lemon juice. Stir in nuts. Arrange apple slices, date halves, and grapes on individual lettuce-lined salad plates. Drizzle each fruit salad generously with cream cheese mixture. Makes 6 servings.



Buying information, page 136

**CHOCOLATE-BANANA TARTS**

*You'll find the ready-to-use tart shells alongside the baking supplies in your supermarket—*

- **¼ cup chocolate-flavored syrup**
- **1 4½-ounce carton frozen whipped dessert topping, thawed**
- **6 baked tart shells**
- **1 banana, thinly sliced**

Fold chocolate syrup into thawed topping. Spoon chocolate mixture into tart shells. Press a few banana slices into each tart. Drizzle tarts with a little additional chocolate syrup, if desired. Place dessert tarts on tray and chill till ready to serve. Makes 6 servings. ■

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## Beef Stew with Parsley Biscuits

2 cans (24 ounces each) Dinty Moore Beef Stew
2 cups Bisquick baking mix
2 tablespoons snipped parsley
½ cup cold water

Heat oven to 425°. Turn stew into ungreased baking dish, 11¾ x 7½ x 1¾ inches, or 2-quart casserole; cover with aluminum foil. Heat in oven 10 to 15 minutes. Stir together baking mix, parsley and water to a soft dough; beat vigorously 20 strokes. Gently smooth dough into a ball on floured cloth-covered board. Knead 5 times. Roll ½ inch thick. Cut with floured 2-inch cutter. Place biscuits on hot stew. Bake until biscuits are golden brown and stew is bubbly, 15 to 20 minutes. 5 servings.

## Deep Dish Beef Stew Pie

1 can (40 ounces) Dinty Moore Beef Stew
1 cup Bisquick baking mix
¼ cup cold water
1 teaspoon celery seed

Heat oven to 425°. Turn stew into ungreased 2-quart casserole. Stir together baking mix, water and celery seed. Roll dough to fit casserole; cut slits in dough. Place on top of stew. Bake until crust is golden brown and stew is bubbly, 20 to 25 minutes. 5 or 6 servings.

## Stroganoff Stew with Drop Biscuits

2 cans (24 ounces each) Dinty Moore Meatball Stew
½ cup dairy sour cream
2 cups Bisquick baking mix
½ cup cold water

Heat oven to 425°. Stir together stew and sour cream in 3-quart saucepan. Heat just to boiling, stirring occasionally; reduce heat. Stir baking mix and water to a soft dough; beat vigorously 20 strokes. Pour hot stew mixture into ungreased 3-quart casserole. Drop dough by spoonfuls onto stew. Bake until biscuits are golden brown and stew is bubbly, 20 to 25 minutes. 5 or 6 servings.




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Big enough for lots of toys, small enough to fit anywhere. 39″ long, 18½″ deep, 27½″ high. Keeps toys hidden. Plan No. 50127

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**Better Homes and Gardens, Dept. 2EU, Box 374, Des Moines, Ia. 50336**




begins on page 88

# Get-together recipes

**SAUSAGE NIBBLES**
*Just four basic ingredients*

**1½ cups packaged biscuit**
**8 ounces bulk Italian saus**
**1 cup (4 ounces) shredde sharp natural cheddar c**
**Water chestnuts, cut in qua**

In bowl, combine biscu uncooked sausage, and mix with hands till con blended. Shape a little around a piece of water c to form a 1¼-inch ball. P baking sheet. Bake in 40 for 15 minutes. Makes 3 dozen.

**MARINATED DRUMSTICK**
**½ cup catsup**
**2 tablespoons prepared horseradish**
**¼ cup lemon juice**
**¼ cup soy sauce**
**⅓ cup cooking oil**
**8 each chicken drumstick thighs**

Combine catsup, horse lemon juice, soy, and oil over chicken in shallow Cover and refrigerate at hours or overnight, sp marinade over occasi Drain and reserve ma Cook chicken pieces ove coals 20 minutes; turn an 20 to 25 minutes more, br with reserved marinade minutes. Makes 6 to 8 se

**BARBECUED GREEN BEA**
*Place foil-wrapped beans o alongside chicken—*

**2 10-ounce packages froze green beans, partially tha**
**1 teaspoon salt**
**1 teaspoon sugar**
**Dash pepper**
**4 thin lemon slices**
**½ cup water chestnuts, slic**
**2 tablespoons sliced green onion**
**2 tablespoons butter or margarine**

Place green beans on square of double thickness num foil. Season with salt, and pepper. Top with slices; sprinkle with water nuts and green onion. Do butter or margarine. Bring of foil up and, leaving a space for expansion of s seal securely with double Grill over slow coals, tu once, for 35 to 40 minutes beans are tender. Makes 6 servings.

**SESAME ON THE GREENS**
**1 small head romaine, torn i pieces (6 cups)**
**3 ounces spinach, torn in**

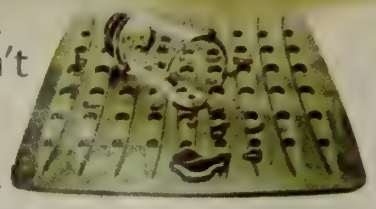



Unretouched photo. Mrs. Braun's Dish Drainer and Tray. Used daily since 1968.

# 7 years of daily use and still going strong.

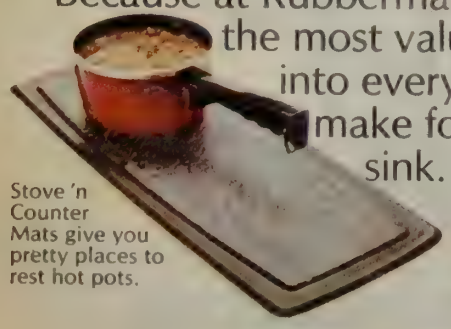
Looking back, Mrs. Ray Braun of Wooster, Ohio, really got her money's worth out of her Rubbermaid Dish Drainer and Tray.

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**ces (4 cups)**
**en onion, sliced**
**espoons toasted sesame**
**d**
**lemon juice**
**salad oil**
**spoon sugar**
**spoon mixed salad herbs**
**spoon salt**
**spoon freshly ground**
**pper**

salad bowl, combine ro-, spinach, green onion, and d sesame seed. In screw-top ombine lemon juice, salad ugar, salad herbs, salt, and r; cover and shake. Pour ng over salad; toss to com- Makes 6 to 8 servings.

**LE WHEAT MUFFINS**

*reheat muffins, sprinkle y with water and wrap in r place in a brown paper Heat in a 400° oven for 15 minutes—*

**p whole wheat flour**
**p unbleached white flour**
**aspoons baking powder**
**aspoon salt**
**ghtly beaten eggs**
**p honey**
**p cooking oil**
**ounce carton spiced**
**ple-flavored yogurt**

mixing bowl, stir together s, baking powder, and salt. bine eggs, honey, and oil; n yogurt. Stir yogurt mixture flour mixture just till dry in- ents are moistened. Grease n pans or line with paper cups; fill ⅔ full. Bake in oven for 18 to 20 minutes l done. Makes 12 muffins.

**AWBERRY-BANANA CREAM**



**up sugar**
**ablespoons all-purpose flour**
**easpoon salt**
**ups light cream**
**lightly beaten eggs**
**easpoons vanilla**
**int fresh strawberries, horoughly mashed**
**ully ripe banana, mashed (½ cup)**

n heavy 2-quart saucepan, ibine sugar, flour, and salt;

**tinued**


# Before I discovered McCormick/Schilling the only one who ate well was Ralph.




Each night when our family sat down to dinner, there was a lot of begging at the table. But it never made much difference. My family wouldn't touch my food with a ten-foot fork. No matter how much I begged.

Not that they complained, mind you. When it came to the subject of the dinners I made, my family generally kept their mouth shut. Especially between soup and dessert. But, whenever I told them to come and get it, the only one who did was Ralph. And Ralph never had any taste.

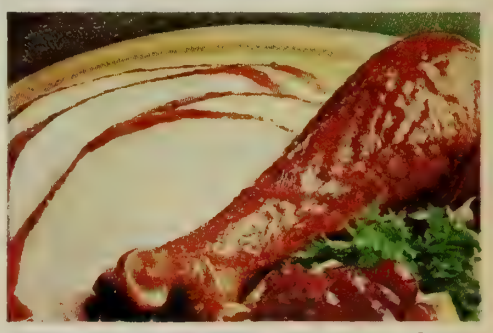
Of course, taste can be a relative thing. In fact, one of my relatives used to say that when it comes to judging taste, leave it to the tongue. Because the tongue always knows. Of course, the nose knows. But nothing knows as much as the tongue. And believe me, if my family's tongues could talk, they could tell you a lot about my cooking. Which was sometimes pretty hard for me to swallow.

Until I discovered McCormick/Schilling. You know, McCormick/Schilling are the spice and flavor people. So when it comes to great spices, seasonings, extracts, and flavors, they come from McCormick/Schilling.

Take their Season-All, for example. Season-All does a lot more than regular seasoning salts. Because it's a lot more than just seasoned salt. It's like a whole spice rack in a single bottle. With a delicate mixture of more than 11 different spices, herbs and special flavorings, that can add a special flavor to almost anything you make.

Raw or cooked vegetables. Salads. Soups and stews. Cheese or egg dishes. Sauces and gravies. Not to mention some of the important basics like seafood, poultry and meats. Just sprinkle a little Season-All, and you've got it made.

Which made a big difference in the meals I made. And the way my family ate. Except for Ralph, of course. He's still eating the way he always did. Sitting under the table.



**McCormick/Schilling flavor makes all the difference in the world.**




McCormick/Schilling

continued

# Get-together recipes

stir in *half* the light cream. Cook and stir over medium heat till mixture thickens and bubbles. Stir about half the mixture into the beaten eggs; return all to saucepan. Cook, stirring constantly, 1 minute more. Remove from heat; stir in remaining light cream and the vanilla. Chill thoroughly. Add strawberries and banana. Freeze in ice cream freezer according to manufacturer's directions. Let ripen about 4 hours. Makes about 2 quarts.

### FREEWHEELING SANDWICHES

*If you're not much for bread making, offer a selection of frozen bread dough which you've thawed ahead—*

**4 cups rye flour**
**3 to 3¼ cups all-purpose flour**
**2 packages active dry yeast**
**1 tablespoon caraway seed**
**2 cups milk**
**½ cup sugar**
**¼ cup shortening**
**1 tablespoon salt**
**2 eggs**
**Assortment of fillings**

*For Rye Dough:* In large mixer bowl, combine *2 cups* of the rye flour and *2 cups* of the all-purpose flour with the yeast and caraway. Heat milk, sugar, shortening, and salt till warm (115° to 120°), stirring occasionally till shortening almost melts. Add to dry mixture; add eggs. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. Stir in remaining rye flour and enough of the all-purpose flour to make a moderately stiff dough. Knead on floured surface till smooth, about 10 minutes. Shape in ball. Placed in greased bowl; turn once to grease surface. Cover tightly with clear plastic wrap. Refrigerate 3 to 24 hours. When ready to use, remove bread dough from refrigerator; uncover and let stand 20 minutes. Makes about 24 sandwiches.

*To make filled sandwiches:* Pinch off a piece of dough a little larger than a golf ball. On lightly floured surface, flatten dough to 5-inch circle. Place about ⅓ cup of the desired filling combination on one half of the circle of dough; fold over other half and seal edge with fork. Place on greased baking sheet; cover and let rest 20 minutes. Bake in 375° oven for 18 to 20 minutes or till done. Brush with butter or margarine, if desired.

**Assortment of fillings**

*Choose as many of the suggested fillings as you want and need for the number of guests. Plan to use about ⅓ cup of a combination of the ingredients for each sandwich. (A pound of cooked meat will give you about 3 cups when chopped. You'll get about 2 cups cooked meat from a pound of ground beef.) Select about ⅓ cup of the desired filling combination for each sandwich—*

**Meat and cheese fillings**—diced cooked lamb, cooked ground beef, cooked Italian sausage, diced cooked ham, cooked chicken livers, chopped sliced pepperoni, shredded cheeses.

**Vegetable fillings**—chopped onion, chopped boiled potatoes, chopped green pepper, chopped mushrooms, chopped cabbage, sliced olives, grated carrots, shredded zucchini.

**Herbs and spices**

### FUN-FILLED SUGAR COOKIES

**4 cups all-purpose flour**
**1½ cups sugar**
**2 teaspoons baking powder**
**½ teaspoon salt**
**1 cup shortening**
**2 eggs**
**¼ cup milk**
**2 teaspoons vanilla**
**Assortment of fillings**

In large mixer bowl, stir together flour, sugar, baking powder, and salt. Using a pastry blender, cut in shortening till the mixture resembles coarse crumbs. Combine eggs, milk, and vanilla. Stir into the shortening mixture. Blend well. Shape mixture in two 8-inch rolls, 2 inches in diameter. Wrap and chill. Cut each roll in ¼-inch slices. On lightly floured surface, pat two slices of dough to 2½-inch circles; top one circle with about 2 teaspoons of desired filling combination. Place second cookie circle over filling; seal edges with fork. Place cookie on ungreased cookie sheet. Bake in 375° oven for 12 to 15 minutes. Makes 1½ dozen large cookies.

**Assortment of fillings**

*Select about 2 teaspoons total of desired filling combination for each cookie—*

Apple pie filling, cherry pie filling, canned prepared mincemeat, chopped walnuts, chopped pecans, assorted jams and jellies, semisweet chocolate pieces, raisins, chopped dates, finely shred-




ded lemon peel, toasted flaked coconut.

**HOT POT WITH MEATS, FISH, AND VEGETABLES**

*After cooking the fish, chicken, and vegetables, serve the flavorful broth in coffee mugs—*

**1 pound fresh or frozen skinless fish fillets, thawed and cut in 1-inch squares**
**2 chicken breasts, boned, skinned, and thinly sliced**
**8 ounces chicken livers, halved**
**2 cups Chinese cabbage, sliced (1 small head)**
**2 cups fresh spinach, torn**
**1 cup fresh mushrooms**
**1 medium zucchini, sliced**
**1 pound fresh asparagus, bias-sliced**
**1 medium sweet red pepper, cut in 1-inch squares**
**1 green pepper, cut in 1-inch squares**
**4 to 6 cups chicken broth**

• • •

**Hot cooked rice**
**1 recipe Mustard Sauce**
**1 recipe Soy-Lime Sauce**

Arrange fish, chicken, and chicken livers with vegetables on large platter. In saucepan, heat chicken broth to boiling; transfer to wok, fire-cooker, or fondue pot. Arrange assorted meats and vegetables in Oriental cooking baskets or spear with fondue forks and cook in hot broth till done, about 4 minutes. Serve with hot cooked rice and sauces. Makes 6 servings.

*To make Mustard Sauce:* In small bowl, stir together *2 tablespoons sugar, 1 tablespoon dry mustard,* and *¼ teaspoon salt;* blend in *2 tablespoons vinegar.* Using a rotary beater, gradually beat in *⅓ cup cooking oil.* Makes ½ cup sauce.

*To make Soy-Lime Sauce:* In small bowl, combine *½ cup soy sauce, ¼ cup lime juice,* and *⅛ teaspoon ground ginger;* blend together. Makes ¾ cup sauce.





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**FRENCH FRIED STRAWBERRIES**

*Let cool a couple of minutes before eating. The centers are very hot right after cooking—*

**1 quart strawberries**
**1 beaten egg**
**1 cup milk**
**¼ cup sugar**
**1 tablespoon butter or margarine, melted**
**1 teaspoon vanilla**
**1½ cups all-purpose flour**
**3 teaspoons baking powder**
**Dash salt**
**Cooking oil for deep fat frying**
**Sweetened whipped cream or powdered sugar**

Gently wash berries and remove hulls; drain well. Chill. In mixing bowl, beat together egg and milk; stir in sugar, butter or margarine, and vanilla. Combine flour, baking powder, and salt; stir into egg mixture, beating till smooth. Spear berries with fondue forks; dip berries into batter. Fry 6 to 8 at a time in deep hot fat (375°) for about 45 seconds or till golden brown. Serve berries warm with sweetened whipped cream for dipping or sprinkle with powdered sugar. Makes 6 to 8 servings.

**CAFÉ INTERNATIONAL**

*Have the coffee bubbling hot since the other ingredients cool the drink down—*

**CAFÉ ISRAEL**

**2 tablespoons chocolate syrup**
**2 tablespoons orange-chocolate liqueur**
**½ cup hot coffee**
**Whipped cream**
**Orange twist**

In a coffee cup, blend together chocolate syrup and orange-chocolate liqueur. Add hot coffee and stir. Top with a dollop of whipped cream and garnish with an orange twist. Makes 1 serving.

**CAFÉ BENEDICTINE**

**2 tablespoons benedictine**
**2 tablespoons light cream**
**½ cup hot coffee**
**Whipped cream**
**Freshly ground nutmeg**

In a coffee cup, blend together benedictine and light cream. Add hot coffee and stir. Top with a dollop of whipped cream and a dash of nutmeg. Makes 1 serving.

**CAFÉ COLOMBIAN**

**2 tablespoons coffee liqueur**
**2 tablespoons chocolate syrup**
**½ cup hot coffee**
**Whipped cream**
**Ground cinnamon**

In a coffee cup, blend together liqueur and chocolate syrup. Add hot coffee and stir. Top with a dollop of whipped cream and a dash cinnamon. Makes 1 serving.

**CAFÉ HOLLANDER**

**1 tablespoon chocolate-mint liqueur**
**1 teaspoon creme de cacao**
**½ cup hot coffee**
**Whipped cream**
**Chocolate curls**

In a coffee cup, combine chocolate-mint liqueur and the creme de cacao. Add hot coffee and stir. Top with a dollop of whipped cream and a garnish of chocolate curls. Makes 1 serving. ■



**The KitchenAid heavy duty mixer. Powerful enough to knead yeast dough. Versatile enough to whip a single egg white.**

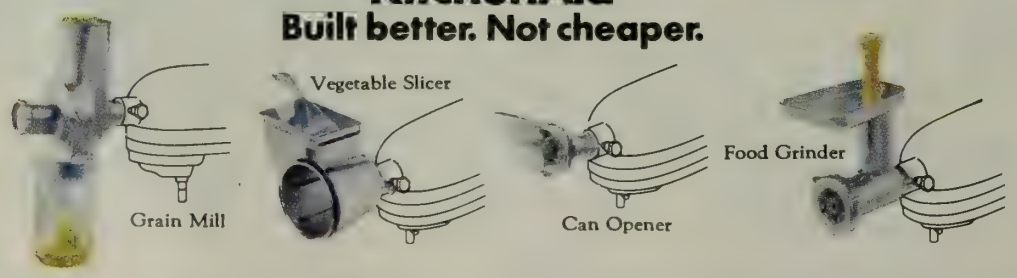
Like the big mixers in a bakery, the KitchenAid single beater, 'round-the-bowl mixing action mixes more volume faster. And you don't have to continually scrape the bowl.

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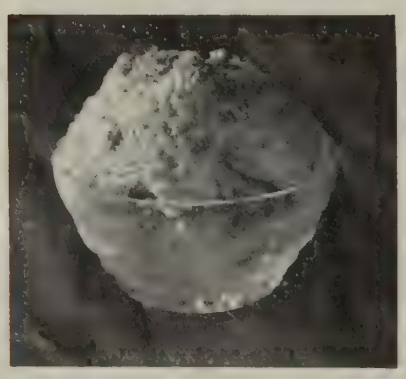
**KitchenAid**

**Built better. Not cheaper.**





# Homemade Ice Cream



**PRALINE ICE CREAM**

*Use the proportion of 6 parts ice to 1 part rock salt when freezing the ice cream, and 4 to 1 when ripening the ice cream—*

**1½ cups sugar**
**½ teaspoon cream of tartar**
**½ cup slivered almonds**

• • •

**1 cup sugar**
**½ teaspoon cream of tartar**
**1 cup water**
**6 eggs**
**4 cups whipping cream**
**2 cups milk**
**2 teaspoons vanilla**

To make *Praline Powder:* In 10-inch skillet, combine the 1½ cups sugar, the first ½ teaspoon cream of tartar, and the almonds. Cook over low heat, stirring constantly, till sugar is melted and golden. Pour onto greased baking sheet. Cool completely. Break into small pieces and place one-fourth in blender container. Cover and blend to size of coarse crumbs. Repeat with remaining caramelized sugar, using one-fourth at a time. Store in covered container. (Makes enough praline powder for 2 recipes of ice cream.)

To make ice cream: In saucepan, combine the remaining sugar and cream of tartar and the water. Cook over medium heat without stirring till candy thermometer reaches 234°. Meanwhile, in large mixer bowl, beat eggs on high speed of electric mixer till thick and lemon-colored, about 6 minutes. With mixer running, gradually beat in the hot sugar syrup. Blend in whipping cream, milk, and vanilla. Turn ice cream mixture into 4-quart ice cream freezer container; freeze ice cream according to freezer manufacturer's directions. Before ripening, stir 1 cup of the praline powder into the ice cream mixture. Makes 2½ quarts.



**DELUXE FRUIT ICE CREAM**

*The freezer container should not be more than ⅔ full of the ice cream mixture before mixing. This allows room for the incorporation of air—*

**2 ripe medium bananas, cut up**
**1 pint fresh strawberries, hulled**
**2 cups pitted chopped fresh apricots**
**1 cup orange juice**
**½ cup lemon juice**
**3 cups milk**
**2 cups sugar**
**2 cups whipping cream**
**¼ teaspoon salt**

In blender container, place bananas, the strawberries, apricots, orange juice, and lemon juice; cover and blend at medium speed till smooth. Turn mixture into large bowl. In same blender container, place milk, sugar, cream, and salt; cover and blend till smooth. Stir milk mixture into fruit mixture. Turn into 4-quart ice cream freezer container; freeze according to manufacturer's directions. Makes 3½ quarts.



Photographs: Dieter

**RHUBARB ICE CREAM**

*No need to use an ice cream freezer; freeze in a 3-cup freezer tray—*

**2 cups diced rhubarb**
**⅓ cup sugar**
**¼ cup water**
**1½ cups tiny marshmallows**
**Several drops red food coloring**
**2 cups frozen whipped dessert topping, thawed**

In saucepan, combine rhubarb, sugar, and water. Cover and simmer 10 minutes or till rhubarb is tender. Add marshmallows; cook and stir over low heat till melted. Stir in food coloring. Chill. Fold in dessert topping. Spread mixture in 3-cup freezer tray. Cover and freeze. Cut in cubes to serve. Makes 3 cups.

# Put springtime into lunchtime, snacktime and dinnertime with Kellogg's® Rice Krispies®



## After school– chocolaty treats you don't have to bake.

### CHOCO-SCOTCH CLUSTERS

**1 pkg. (6 oz., 1 cup) semi-sweet chocolate morsels**
**1 pkg. (6 oz., 1 cup) butterscotch flavored morsels**
**2 tablespoons peanut butter**
**4 cups KELLOGG'S RICE KRISPIES cereal**
**½ cup salted cocktail peanuts (optional)**

1. Melt chocolate morsels, butterscotch morsels and peanut butter together in large saucepan over very low heat, stirring constantly until smooth. Remove from heat. Add Rice Krispies cereal and peanuts. Stir until well coated.
2. Drop by level measuring-tablespoon onto waxed paper or buttered baking sheets. Refrigerate until firm.

Yield: about 4 dozen, 1½ inches in diameter

VARIATION: Mixture may be pressed into buttered 9 x 9 x 2-inch pan. Cut into squares when firm. Yield: 36 squares, 1½ x 1½ inches

## For lunch–a hot cheese sandwich with a crunchy coat.

### CRUNCHY CHEESE SANDWICHES

**3 cups KELLOGG'S RICE KRISPIES cereal**
**4 slices cheese**
**8 slices day-old bread**
**2 eggs**
**½ cup milk**
**¼ teaspoon salt**
**3 tablespoons regular margarine or butter, melted**

1. Measure Rice Krispies cereal. Crush to 1½ cups. Place in shallow dish or pan. Set aside.
2. Make 4 sandwiches using 1 slice cheese and 2 slices bread for each. Set aside.
3. In a second shallow dish or pan, beat eggs, milk and salt until foamy. Dip sandwiches quickly in egg mixture, turning once. Coat with crushed cereal. Place in single layer on well-greased baking sheet. Drizzle with melted margarine.
4. Bake in oven at 450° F. about 15 minutes or until crisp and golden brown.

Yield: 4 servings





## For hors d'oeuvres or dinner–rice-y spicy meatballs.

### RICE-Y SPICY MEATBALLS

**1 egg**
**1 cup KELLOGG'S RICE KRISPIES cereal**
**2 tablespoons catsup**
**¼ cup water**
**¼ cup finely chopped onion**
**⅔ cup instant nonfat dry milk (in dry form)**
**1 teaspoon salt**
**⅛ teaspoon pepper**
**1 lb. ground beef**

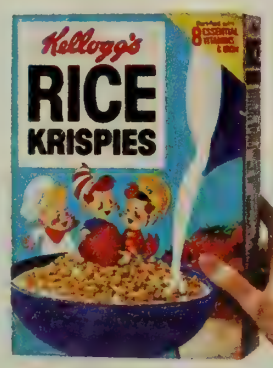
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**2 tablespoons pickle relish, drained**
**¼ cup catsup**
**1 can (8 oz., 1 cup) tomato sauce**
**2 tablespoons finely chopped onion**
**2 tablespoons firmly packed brown sugar**
**⅛ teaspoon pepper**
**1 tablespoon vinegar**
**1 tablespoon Worcestershire sauce**
**¼ cup water**

1. In large mixing bowl, beat egg until foamy. Add Rice Krispies cereal, the 2 tablespoons catsup, the water, onion, dry milk, salt and pepper. Mix well. Add ground beef. Mix only until combined. Portion using level measuring-tablespoon. Shape into meatballs Place in single layer in well-greased or foil-lined shallow baking pan.
2. Bake in oven at 400°F. about 12 minutes or until well browned.
3. While meatballs are baking, prepare sauce. Measure all remaining ingredients into large saucepan. Stir to combine. Cover and cook over low heat about 15 minutes, stirring frequently. Add meatballs to sauce. Cook over low heat about 10 minutes longer.

Yield: about 40 meatballs

Kellogg's Rice Krispies doesn't go to sleep after breakfast. It's great in dozens of delicious, no-fuss recipes—starting with the famous Marshmallow Treats recipe on every package. For a free Rice Krispies recipe folder, write: Kellogg Co., Dept. RK, Battle Creek, Michigan 49016.




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Project Plans

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# Daiquiri desserts



Photographs: Dieter

Buying information, page 136

**NO-BAKE DAIQUIRI CHEESECAKE**

*The traditional daiquiri ingredients—lime juice and rum—flavor this refreshing dessert—*

- **1¼ cups graham cracker crumbs**
- **¼ cup sugar**
- **6 tablespoons butter or margarine, melted**
- **1 envelope unflavored gelatin**
- **½ cup sugar**
- **½ cup rum**
- **2 teaspoons grated lime peel**
- **1 teaspoon grated lemon peel**
- **½ cup lime juice**
- **4 beaten egg yolks**
- **2 8-ounce packages cream cheese, cubed and softened**
- **4 egg whites**
- **½ cup sugar**
- **1 cup whipping cream**

Combine the graham cracker crumbs, the ¼ cup sugar, and butter or margarine. Remove 2 tablespoons crumbs; set aside. Press remaining crumbs in bottom and 1¾ inches up sides of a 9-inch springform pan. Chill 45 minutes. Meanwhile, in medium saucepan, combine gelatin and the first ½ cup sugar. Stir in rum, citrus peels, lime juice, and egg yolks. Cook over medium heat, stirring constantly, till slightly thickened, 8 to 10 minutes. Remove from heat. Beat in cream cheese till smooth. Beat egg whites on medium speed of electric mixer till soft peaks form (tips curl over). Gradually add remaining sugar, beating to stiff peaks (tips stand straight). Whip cream to soft peaks. Fold egg whites and whipped cream into gelatin mixture. Turn into crumb-lined pan. Sprinkle reserved crumbs around edge. Cover; chill till firm, several hours or overnight. Makes 10 to 12 servings.



**FROZEN STRAWBERRY DAIQUIRI**

*An easy, make-ahead refreshment to keep on hand for unexpected company—*

- **1 10-ounce package frozen sliced strawberries**
- **1 6-ounce can frozen daiquiri mix**
- **1 mix can (¾ cup) light rum**
- **3 cups ice cubes**

Thaw strawberries enough to cut the block into cubes. In blender container, place strawberry cubes, frozen mix, and rum. Cover and blend. While blender is running, add ice cubes, a few at a time, blending till ice is melted. Pour into two refrigerator trays or a half-gallon plastic container. Cover and freeze several hours or overnight (mixture will not freeze firm). To serve, spoon into cocktail or sherbet glasses. Garnish with whole fresh strawberries, if desired. Store any unused portion in covered container in freezer. Makes 5 cups.



# New Jell-O® BRAND Pistachio Flavor Pudding: It makes a nutty frosting and a crazy cake.

Making a new dessert that your family will love isn't a tough nut to crack when you have new Jell-O® Brand Pistachio Flavor Instant Pudding, with Almonds and Pistachio Nuts. It takes the cake when it comes to baking, too, with the fantastic flavor and fluffy frosting of this exciting new cake.

**Pistachio Inside Outside Cake**

1 package (2 layer size) white or yellow cake mix
1 package JELL-O® Pistachio Flavor Instant Pudding and Pie Filling
3 eggs
1 cup club soda
1 cup oil
½ cup chopped nuts

Blend all ingredients in large mixer bowl, then beat 2 minutes at medium speed. Bake in greased, floured 10" BUNDT® pan at 350° for 50 minutes. Cool 15 minutes; remove from pan and cool on rack. Split into 3 layers. Spread about 1 cup of frosting between layers, spoon rest into center. Chill. Garnish with chopped nuts. To make frosting: Blend 1½ cups cold milk, 1 envelope Dream Whip® Whipped Topping Mix and 1 package Jell-O® Pistachio Flavor Instant Pudding. Whip until thickened; about 5 minutes.




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When the company's special, bake them a special cake. Bundt* Brand Ring Cakes from Pillsbury. They come in six delicious flavors. All rich, moist and flavorful. All with mix, filling and glaze in one box. They're the cakes that rise to any occasion.




**Bundt® Brand Ring Cakes from Pillsbury.**

Pillsbury

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# ADD FLAVOR WITH CITRUS



**LEMON SOUFFLÉ CREPES**

- ⅔ cup all-purpose flour
- 2 tablespoons sugar
- 2 teaspoons finely shredded lemon peel
- 2 eggs
- 2 egg yolks
- 1½ cups milk
- 2 tablespoons butter or margarine, melted
- 1 3¾- or 3⅝-ounce package *instant* vanilla pudding mix
- 1 teaspoon finely shredded lemon peel
- 1 tablespoon lemon juice
- 2 egg whites
- ¼ cup sugar
- 2 tablespoons lemon juice
- 2 tablespoons brandy

In mixing bowl, stir together the fl the 2 tablespoons sugar, and the 2 spoons lemon peel. Combine eggs, yolks, milk, and melted butter or ma rine. Add to dry ingredients; beat smooth. Lightly grease 6-inch skillet; h Remove from heat; spoon in about 2 ta spoons batter. Rotate skillet to spread t ter evenly over bottom. Return to h brown on one side only. Remove to pa toweling. Repeat with remaining bat Prepare pudding mix according to pack directions. Combine *1 cup* of the pudd (keep remaining covered with waxed per), the 1 teaspoon lemon peel, and 1 tablespoon lemon juice. Beat egg wh till soft peaks form; gradually add the cup sugar, beating to stiff peaks. Fold pudding mixture; spoon 2 tablespoons o each crepe. Fold crepe in quarters; arra in ungreased 12x7x2-inch baking di Bake, uncovered, in 400° oven for 10 to minutes. In saucepan, stir together rema ing pudding, lemon juice, and the bran Heat through; serve with warm crep Makes 8 to 10 servings.

Photographs: Dieter **Buying information, page**



**SPICED ORANGE CHICKEN**

- 3 tablespoons all-purpose flour
- 1 teaspoon salt
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground cloves

• • •

- 2- to 2½-pound broiler-fryer, cut up
- 2 tablespoons shortening
- 2 tablespoons butter or margarine
- 4 oranges
- 1 tablespoon brown sugar
- 1 tablespoon soy sauce

In paper or plastic bag, combine flou salt, cinnamon, cloves, and a *dash peppe* add a few pieces of chicken at a time ar shake to coat. In large skillet, melt togeth shortening and butter or margarine; ad chicken, and brown slowly till golde about 20 minutes. Pare and sectio oranges, reserving juice; add enough wat to juice to measure ½ cup liquid. Stir i brown sugar and soy. Drain fat from ski let; add juice mixture. Cover; simmer 2 minutes. Add oranges; cover and simm 2 to 3 minutes more. Transfer chicken an oranges to serving platter. Remove exce fat from pan juices; spoon juices ov chicken. Makes 4 servings. ■

# How to eat well and still afford dessert.

KRAFT Tangy Italian Style Spaghetti Dinner creates
big smiles for small money. Add cooked sausage pieces to the sauce,
and serve with fresh vegetables marinated in our
Italian Dressing. Delizioso!






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KRAFT Division of Kraftco Corporation

Who says ¼ cup of Dynamo® works better than a whole cup of Cheer?

# GARDENING IN MAY

With summer just around the corner, it's time to wind up your spring planting and ready your garden for the hot-weather months ahead.

If new shrubs and trees are part of your planting plan, buy them early in the month so they will be in the ground in time to benefit from May rains.

### Choosing deciduous shrubs

Deciduous shrubs (those that lose their leaves in winter) can soften the lines of your house, form a background for annual and perennial borders, or create a colorful enclosure around all or part of your property.

Considering their landscaping value, these shrubs are relatively inexpensive. They grow quickly and give you an established look in a hurry. Most deciduous flowering shrubs will round out to their mature size within six to eight years. If you buy specimen-size plants, full growth could come in just three or four years. *Good tall (nine to 15 feet) flowering shrubs are:*

| | |
|---|---|
| Rose-of-Sharon | blue, pink, white flowers in summer |
| Beauty-bush | pink flowers early summer |
| Forsythia | yellow flowers early spring |
| Highbush cranberry | white flowers early summer |

*Medium-height (five to nine feet) flowering shrubs:*

| | |
|---|---|
| Weigela | pink or red flowers late spring |
| *Viburnum carlesi* | clusters of pink flowers late spring |
| Mock-orange | fragrant white flowers in early summer |
| Flowering almond | double pink blooms in early spring |

*Low (under five feet) flowering shrubs to consider:*

| | |
|---|---|
| Froebel spirea | purplish red flower heads during summer |
| Hills-of-snow hydrangea | balls of white bloom, summer |
| Flowering quince | nasturtium-red flowers late spring |

### Selecting evergreens

Although the term "evergreen" technically includes all the plants that remain green year round, the word is frequently used as a common name for the conifers, that versatile group of narrow-leaved plants that fill so many landscaping needs.

The ever-present green of their foliage makes conifers favorites for foundation plantings and large specimens. Check the mature size of evergreens with care before you buy. You want to avoid specimens that are too large for their locations; mistakes, especially in foundation plantings, result in shrubs that look as if they're smothering the house. As a general rule, select only those varieties that keep within the heights you want without an unusual amount of pruning and spacing.

For low and spreading evergreens, try Sargent juniper, Waukegan juniper, prostrate juniper, and Andorra juniper.

Medium-height (to five feet) and spreading evergreens are: pfitzer juniper, dwarf Mugho pine, Meyer's juniper, dwarf Alberta spruce, and the dwarf Japanese yew.

Tall (eight feet or more) and conical evergreens include the Chinese juniper, red-cedar, Black Hills spruce, white fir, and upright yew. The Colorado blue spruce and white pine make good lawn specimens.

### Picking a small tree

If your house is low and your lot small, select a tree that's in correct scale. You have a choice of many small-scale trees that offer a variety of sizes and growth shapes.

*Globe-shaped trees* have a natural round conformation that's quite formal in appearance. They look best when used as specimens, or spaced along property lines. Most species are low enough to plant under utility lines on the parking.

Globe-shaped trees, heights:

| | |
|---|---|
| Saucer magnolia | 15 ft. |
| Arnold crab apple | 20 ft. |
| Globe locust | 25 ft. |
| Japanese maple | 20 ft. |
| Korean mountain-ash | 25 ft. |
| Norway maple | 30 ft. |
| Kwanzan cherry | 20 ft. |

*Pyramidal trees* have outlines so neatly defined you think they've been trimmed. Use them along streets or as specimens but avoid planting directly in front of your house. The low, dense foliage "smothers" the house and obstructs the views from windows.

Try one of these:

| | |
|---|---|
| Littleleaf linden | 40 ft. |
| European hornbeam | 40 ft. |
| Paul's scarlet hawthorn | 15 ft. |

*Columnar trees* have branches that arise from the trunk at an acute angle to give a tightly contained, narrow profile. The trees can form a beautiful, high screen when planted close together along the rear of a property; use to block utility poles from view.

| | |
|---|---|
| Bolleana poplar | 30 ft. |
| Japanese cherry | 25 ft. |
| Sargent cherry | 25 ft. |
| Strathmore crab apple | 15 ft. |

*Weeping trees* add a serene look to a garden. They work best as specimens because most need open spaces to show off their graceful, hanging branches.

| | |
|---|---|
| Weeping scholar-tree | 20 ft. |
| Cutleaf weeping birch | 30 ft. |
| Red Jade crab apple | 12 ft. |
| Weeping cherry | 20 ft. |

### Starting new mums

There are two ways you can increase your chrysanthemums: you can take cuttings from the existing plants or dig out old clumps and divide them. Divisions of clumps often will flower the first year.

Use this method to take cuttings of mums: Take three- to four-inch slips when growth is ten inches high.

**continued**

"I do."



**Peggy Zolnowski, Former Cheer User**

"Cause I just use that ¼ cup for the whole washload, and I rub some on the grease spots, like on my husband's work pants, and it works better."

Recommended by women who used to use powders.

We want to thank Mrs. Zolnowski and the thousands of other women who have found that "the little blue jug" really does work better than powders. They rub a little into greasy spots; they only use ¼ cup to get a whole washload clean; and they save money since Dynamo costs less to use. In fact they're so happy with the results, many even recommend Dynamo to their friends.

Thank you, Mrs. Zolnowski.




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# Have you ever slept in a bed of Oriental flowers?

Rest your weary head on "Mikado," one of our most relaxing designs. Slip onto our fitted no-iron sheets. Lean back on our embroidered pillowcases and lacy-looking shams. Pull up the top sheet, also bordered delicately with schiffli embroidery. Wrap yourself with matching towels, in white, birch grey or sandalwood. Then cover your entire flower bed with our matching quilted bedspread. (All items are cotton/polyester.) And "Mikado" will be there both day and night.

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With some answers in hand, you can be more confident you are choosing the right home.

**Send today for your free kit.** Be sure to ask your Realtor about us. We've been working with professionals like him for years. With your Realtor behind you and our househunter's guide in hand, your "dream" house could be right around the corner. © 1976 CTIC

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BH-1


continued

## Gardening in May



Remove all but the small top leaves and stick the lower third of stems in a flat filled with damp vermiculite. Space cuttings one inch apart and set flat in bright, indirect light. Keep moist. After about three weeks in the flat, the cuttings are ready to shift into individual pots. Use a good pot-ting soil mix, either a commercial kind or one you make yourself by combining equal parts of soil, peat moss, and vermiculite.



Firm the pre-moistened soil about the roots and water well. To gradually acclimate the plants, move them into stronger light for a longer period each day. Don't take them directly from shade to sun since it takes a week or two for the plants to become adjusted to light.

When plants can take bright light without wilting, set them in the garden, ten to 15 inches apart. Group five or more of a variety to get masses of each color. Water thoroughly and keep soil moist until the plants are well established.

To increase your mums by dividing old plants, lift each clump and shake soil from the roots. Cut or break off the best-rooted growths or sections.

Drawings: Hugh Stirts



Reset sections immediately soil to which peat moss or l mold has been added. If weather is hot, shade the n plants with paper cones for week. Feed plants each mon through July to promote go development of roots and ample supply of blooms.

### Conserving moisture

Mulching is the best way conserve soil moisture in flow beds and around trees and shrul Mulches hold down the grow of weeds, too.

A two- or three-inch mulch grass clippings, straw, crush corncobs, fir bark, or cocoa be hulls can cut the water loss d to evaporation by as much as percent. Any of these mulchi materials will insulate the so against hot sun and drying winc it also eliminates rain-compact soil that keeps oxygen fro penetrating into the root zon

Mulches can actually cau moisture to be added to the so Moisture in warm air condens when it invades a porous mul and comes in contact with t cooler soil surface. Resear shows that when air temperatu is 100 degrees, a three-in mulch can keep the soil unde neath up to 25 degrees cool This cooler temperature pr motes better root growth ar more efficient uptake of wat and nutrients. When soil tempe ature is high, roots stop growi and plants suffer—even if th moisture supply is plentiful.

### Try something new

When you're checking you nursery or garden center, look f started plants of Redskin dahli This award winner flowers o dwarf plants that measure just 1 inches high. The three-inch flow ers, in a wide range of colors, p on a colorful show outdoors a summer, and they're great fo cutting, too. But it's the spectacu lar bronze-colored foliage th makes Redskin special—the ric tone contrasts beautifully wit background greens and is hand some even when plants aren't i bloom.

If you have six feet of vege table garden space left vacan now that the early radishes an lettuces are gone, why not try hill of Yellow Baby watermelon This unusual All-America win ner is aptly named—the flesh is bright pineapple yellow. Yello Baby is related to the popula New Hampshire Midget wate melon, but it produces slightl larger fruits (seven inches in d ameter) than its red-fleshed cou in. It ripens within 70 to 75 day after seeds are sown; the frui have few seeds.

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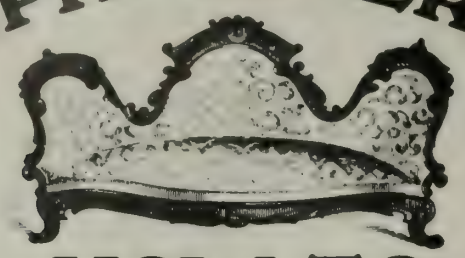
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☐ Ornamental plastic shutters ☐ Bird asphalt roofing

Better Homes & Gardens
May 1976



# UPHOLSTERY HOW-TO



Here are several special techniques you can use to add a decorative touch when you reupholster a chair or sofa.

Try **metalline nail trim** to emphasize the lines of your furniture. On many modern and provincial pieces, the trim is a basic part of the overall design.

You can place the nailheads in a solid line or space them.

To make sure the spacing is even, first determine the desired distance between the heads, then cut a piece of cardboard to this width. Hammer the first nail halfway in, hold the cardboard under the head of this nail, and place the second nail flush with the cardboard. Hammer it halfway in. Then remove the cardboard and continue spacing the nails in the same way. When all have been evenly spaced, hammer them down.

For a solid line, place the nails closely side by side with heads touching.

**Gimp is a decorative braid.** You can attach with small-headed gimp tacks, metalline nails, or glue.

If you use gimp tacks, space them three to five inches apart and stagger them, one on the outer edge, the next on the inner edge of the braid. To turn a square corner, place a tack on the outer edge directly in the corner, fold the gimp into a miter pleat, then tack on the inner edge over the pleat. On curves, tack the gimp along the outer edge, fold small pleats where necessary, then tack over the pleats on the inner edge.

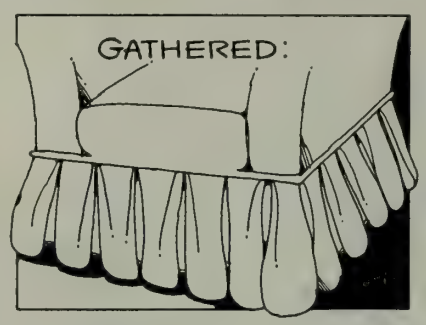
Use metalline nails to tack gimp as explained in the previous section. Carefully follow the contours of the furniture.

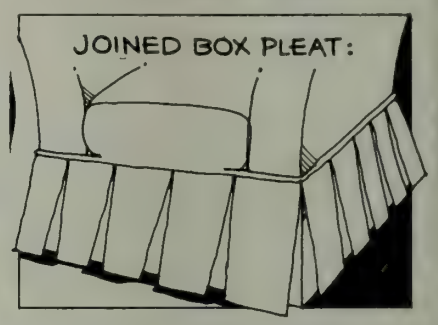
Gluing gimp in place is a simple but slow process. Tack one end of the gimp at the back of the piece. Apply glue to the gimp for six to eight inches. Baste-tack in place with large tacks, then glue another six to eight inches of gimp. Repeat this procedure until all the braid is glued.

**Fabric skirts** are popular for chairs and sofas. There are four distinct skirt styles: the gathered skirt, the joined box pleat, the spaced box pleat, and the kick pleat. When choosing, keep in mind the style and size of your furniture and the cover fabric. Turning the chair upside down simplifies attaching the skirt.

**Gathered skirts** call for lighter weight fabrics. First determine the desired depth of the skirt, allowing for a hem. Cut enough pieces of covering to fit 2½ times around the chair. Be sure all pieces are cut out in the same direction. Sew them all together in one long strip and then hem. Gather the skirt on a drawstring to the right length and sew down the gathers ¼ inch from the edge. Sew cording over the gathered top, facing down. Turn under the raw edge of both skirt and cording and sew or blind-tack in place.

**Box pleats** are suitable for heavier pieces of furniture. For a **joined box pleat,** cut enough pieces of covering material to fit three times around the chair. Cut all pieces in one direction and to the desired depth of the skirt, allowing for a hem. Join the strips together and hem. Now decide on the width of the pleats and cut a piece of cardboard to be used as your measure to make sure all the pleats are equal. Pin





# "I was sold on Scotchgard 3 kids and 2 dogs ago

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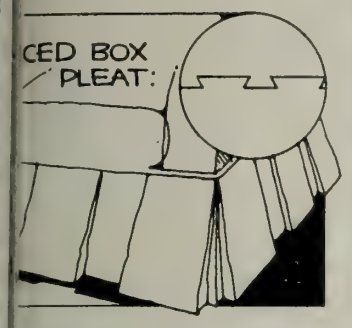



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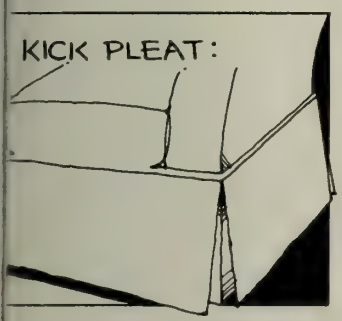


BRAND Scotchgard FABRIC PROTECTOR

leats down, then sew in close to the top edge. Sew ng, finished edge facing . Blind-tack or sew cording e chair.




make a **spaced box pleat** follow the same basic pro- re. Cut the material to fit 2½ times around the piece urniture. Make cardboard s not only for the pleat mea- but also for the space be- n the pleats. Continue as for oined pleat.

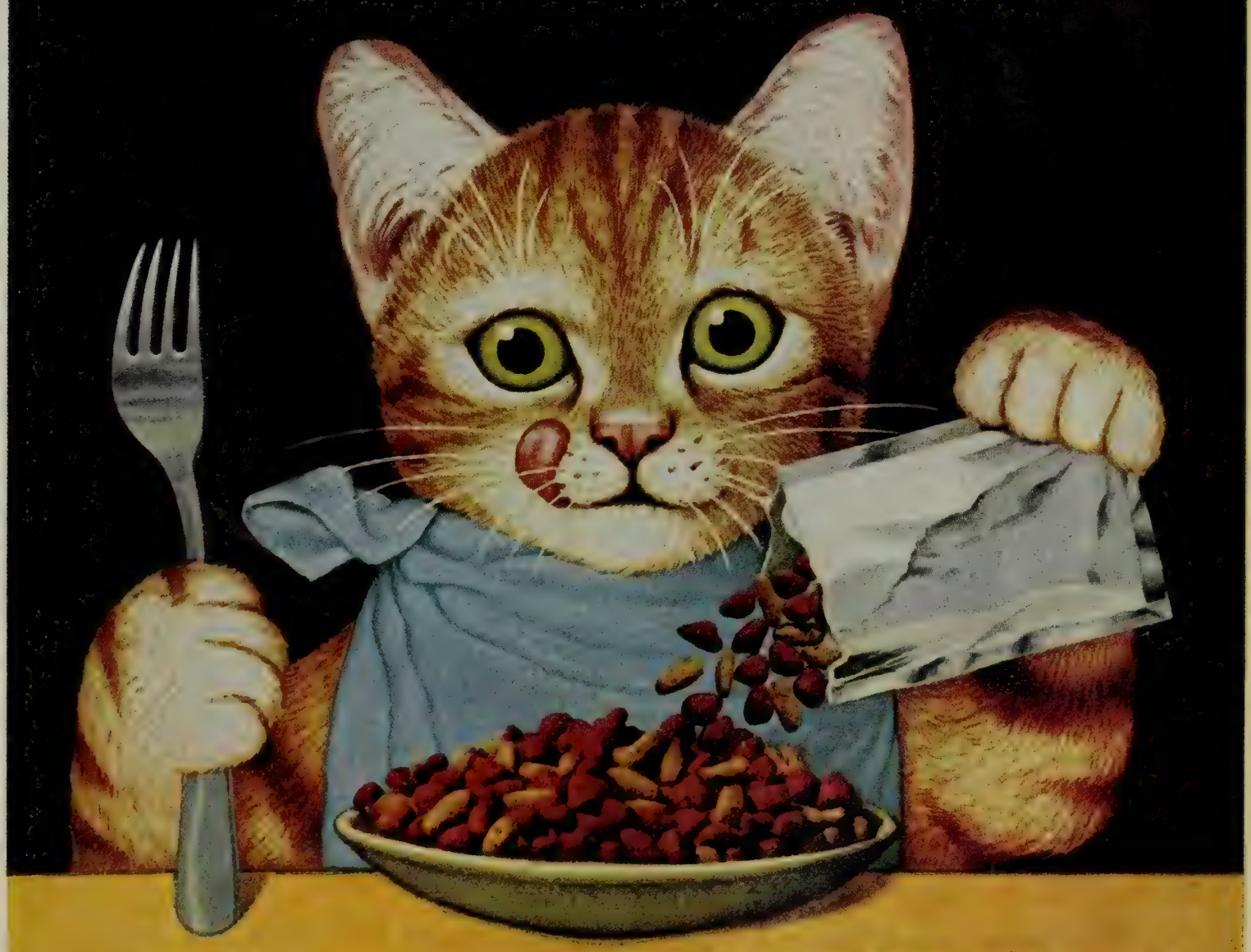



he **kick-pleat skirt** is a good ce for larger furniture cov- in heavier fabric. The seams covered on the corners. First, rmine the desired depth of skirt. Measure the exact dis- e, corner to corner, across front of the chair and allow xtra eight inches at each cor- Repeat for sides and back. the fabric to these measure- ts, marking each piece, then four more pieces, eight inches e, for the corners. Sew togeth- n this order: side piece, cor- front, corner, side, corner, k, corner; then hem. To lay pleats, fold and pin the side e to the middle of the corner e. Fold and pin the front e to the middle of the same ner piece. Repeat on remain- three corners. Check to make all folds lie directly on the ners of the piece, then sew the ts down close to the top edge. the cording across the top, then blind-tack or sew it to chair.

**Fluting and tufting** are easier n they look. For a fluted back, te the middle of the back, top, bottom, on the muslin under- er and decide how many flutes pipes you want. Draw a heavy cil line on the muslin from top bottom for each pipe. On ight backs, the pipes are the e width all the way. On ered backs, you must also

**tinued**


# Introducing Whisker Lickins. The tasty combinations cats will lick their whiskers over.™



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And now you can save 15¢ on your first purchase of Whisker Lickins.

Which means your cat gets something he likes. And you get something you like.



# How to make wine in your washer.



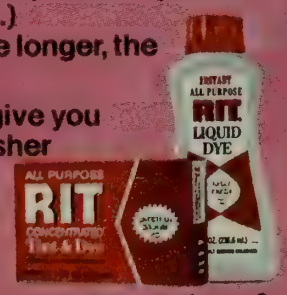
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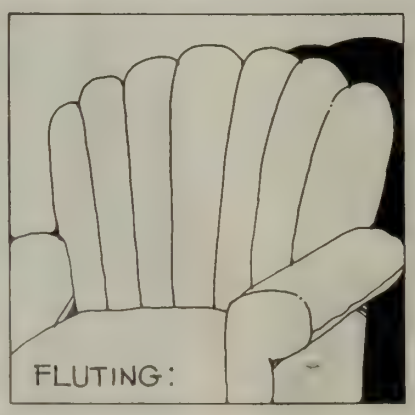

continued

## Upholstery how-to

taper the pipes toward the bottom.

Cut as many pieces of covering as there are pipes. Remember the material must reach over the top and through the bottom of the back. Allow enough width for desired fullness of each pipe plus a ½-inch seam allowance on each side. The two end pipes are tacked to the rear of the frame and therefore must be cut wider.

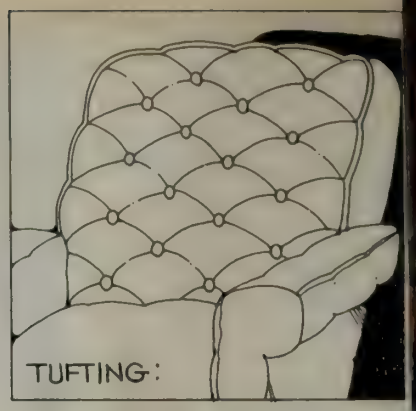
Sew all the pieces together. If they are different sizes or shapes, be sure to join them in the same order as marked off on the back.




Attach one seam of the middle pipe covering to the center mark on the back, using a curved needle and heavy-duty thread. The center pipe is now ready for stuffing.

Twist enough Dacron batting into a roll of the desired firmness and conforming to the shape of the pipe. Make a note of the amount of batting used and use the same quantity for the other pipes. Fill the center pipe with the rolled-up batting, then pin the other seam of the pipe directly on the next line marked on the back. Sew the seam to the under-cover and fill the other pipes in the same way. Tack the covering of the end pipes to the back of the frame.

Smooth out the cover and tack the center pipe to the back of the frame. Pull the cover down at each pipe seam, folding a pleat with the balance of the fabric left on each side of the pipe, then tack down.




**Tufting,** while not too difficult, does require care and patience. The most popular shape is the diamond tuft, formed by the four buttons at its corners. Make a note of the sizes of tufts marked off on your old cover and under-cover.

Locate the exact center of the width on the back. Draw a line across the back for the top row of buttons, at the desired distance from the top. Draw a second line below the first. This will give you the height of the diamond. On both lines mark off the width of the diamond, starting from the center. Draw a pencil line diagonally both ways from the markings on the first line to those on the second.

To determine the necessary cover allowance, tack a narrow strip of cardboard to the top and bottom of a diamond and one from side to side. Make the strips long enough to allow for the desired fullness of the tuft. Multiply the number of diamonds across the back by the width measurement and allow enough extra for the cover to be tacked to the back of the frame. Do the same for the height, adding an allowance for the cover to reach over the top and through the bottom of the back.

Mark the wrong side of the cover. If your cover must be seamed, cut the two pieces to be joined in a zigzag shape, following the contour of the diamonds. Cover button frames with matching or contrasting fabric.

String a length of twine through the button, then thread both ends of the twine through a large straight needle. Stick the needle through the covering exactly on the button marks. Slip-knot the two ends of the twine together at the back. Then place a small wad of cotton in the knot to prevent it from pulling through.

When the first row of buttons is complete, fill the tufts. Fasten the second row and fill it, laying the pleats diagonally between the buttons, facing down. Continue until all the rows are filled.

Now fill the top and bottom pipes on the cover. Pull the cover over and tack it to the back of the frame. Repeat the procedure for the bottom pipes, pulling the cover through to the back and then tacking. ■

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# The Forge Of Freedom

## America Rediscovered, Part 3

**By George Bush**

During our country's painful birth and struggle for survival, much of the crucial action took place within a triangle whose points you might roughly mark as Philadelphia, Williamsburg, and Charlottesville, Virginia. It was here that the spirit of freedom first took hold, that the principles of a new life-style were defined, that the new country was baptized in blood. It was here, too, that moralistic shackles of the New England Puritans were thrown off, allowing true religious and intellectual freedom for all to develop, that the nation's capital was located, and that the new nation's economy took shape. This same triangle also bore the trauma of the Civil War as the country tore itself apart right across the middle.

Only in retrospect does turmoil turn into romance. Today, names like Antietam, Harpers Ferry, and Valley Forge may provoke thrills of sentimental recognition but rarely the chills of awe they deserve. No wonder. Harpers Ferry has become a jump-off point for hikers on the Appalachian Trail. Valley Forge is a sign that flashes by on the Pennsylvania Turnpike while you're still battling Philadelphia's urban sprawl. Mostly what's left of history has been encased in museums, to be viewed by school kids on day excursions. Maybe that's the way it has to be, for life goes on.

But every so often there comes a season for remembrance, such as this Bicentennial year, when we pause to take stock of where we came from, and to rediscover the links that tie us to our past. These are still to be found in ample measure, even in the bustling megalopolis of the Mid-Atlantic states. It takes a bit of looking, to be sure, but follow the byways that wind through this land and you are bound to encounter again and again the visible evidence of our continuity and thereby gain a new appreciation of our heritage.

The tidewater is where it all began. On May 13, 1607, on a swampy headland protruding into what is now the James River of Virginia, the first permanent English settlement in the New World, to be named Jamestown, was founded. (One of the 144 emigrants who debarked that day from three little sailing ships was explorer Captain John Smith.) Inevitably, the pioneers who slowly populated Chesapeake Bay's shores and islands derived their livelihood from the brine. Inevitably, too, they grew up in isolation, their outposts separated by many miles of often stormy water. And so it happens that today you find the most authentic remnants of colonial life around the Bay. These relics include a definite Elizabethan accent. Indeed, most strangers are hard put to understand the natives of fishing communities in Delmarva, the peninsula shared by Delaware, Maryland, and Virginia that separates Chesapeake Bay from the Atlantic Ocean.

Among the most intriguing experiences you can have in this region are visits to two islands discovered by Captain Smith: Tangier Island, Virginia, and the eponymous Smith Island, in Maryland waters. Both are accessible by cruise ships from Crisfield, Maryland, and for most visitors either trip is a half-day excursion. The ships sail at 12:30 and return around 5 p.m., giving you about two hours at your destination. Cruise ships to Tangier Island are also available from Reedville, Virginia, May-September, departing at 10 a.m. and returning at 3:30 p.m.

The villages of both islands are stark in their simplicity. This isn't gingerbread country: its houses are built to take storms. Tangier, with only one tight little community, and therefore no bus or car traffic, is the most popular destination, but even so it is never crowded. A ten-minute stroll will take you from the docks and crab shanties at the water's edge to the reed-rimmed inlets behind the little town.

That short walk, along with watching the local crabbers sort their catches, suffices for most visitors. The better part of their Tangier visit is usually devoted to the time-honored joy of feasting on superb food at a communal table. These daily dinners take place at Crockett's Chesapeake House, a country inn operated by descendants of John Crockett, Tangier's first settler, who got here in 1686. At $6 (kids $3), the family-style meal is one of the last great culinary bargains. You're served all you can eat of clam fritters (or fried oyster cakes), baked ham, potato salad, pickled beets, homemade yeast bread.

If you like, you can stay on Tangier overnight, rooming at the Chesapeake House; the charge is $18 per person, including the aforementioned dinner and next morning's breakfast (children, depending on age, pay about half). To stay overnight, you'll probably round-trip aboard the mail boat, which leaves Crisfield at the same time as the cruise ship, but returns in the morning. That way, you'll have more of a chance to watch the Island's crabbers come in later in the day, and to enjoy a Chesapeake Bay sunset. Overnight stays are also possible on Smith Island.

Gorging on seafood while listening to the background music of yesterday's accents is not limited to these islands, however. Crab, clam, and oyster festivals are common along both shores of Chesapeake Bay and along the Delmarva Peninsula's ocean side as well. Because of the shellfish season, most of these events take place from late summer into spring. The Maryland Crab Festival is held in Annapolis in early August. Labor Day weekend in Crisfield sees the National Hard Crab Derby, in which crabs race each other in a special stadium, and onlookers make unofficial side bets. By October, oyster shucking contests and oyster feasting festivals are common all along the eastern shore. The annual Chesapeake Appreciation Day is held at Sandy Point State Park, Maryland, the weekend before the opening of oyster season, early in November. The Seafood Festival at Chincoteague, Virginia, on the ocean side, falls on the first Wednesday in May—too late for you to get tickets this year, but you can buy tickets now for next. The Festival is so renowned for its food and country conviviality that tickets are sold out many months in advance.

While fishing, crabbing, and oystering have remained the major occupations of Chesapeake's coastal communities, there was a time when shipping, too, played an important role. Up in Maryland on the wide Tred Avon River that flows into the Bay from its eastern shore, the little town of Oxford was the region's first port of call. Long before Baltimore gained prominence as a harbor, ships put in here to unload cargo for the central colonies, and take on their exports, especially tobacco.

Just how far back Oxford's history goes is best illustrated by the fact that its trading post was founded by Robert Morris, Sr., whose son, Robert Morris, Jr., was to be instrumental in financing the Revolution many years later.

The Morris family's home, a splendid example of the architecture of its time, was built before 1710 by ship carpenters who used pegged paneling, ship's nails, and hand-hewn beams. Since added to a number of times and equipped with modern plumbing, it's now the Robert Morris Inn, one of the finest establishments on the Delmarva Peninsula, and certainly the coziest place to stay in that part of the country (doubles from about $18 to $30).

The handsome Inn, appropriately, stands but a few feet from the dock of the oldest river ferry still in operation. A Tred Avon ferry has been running without interruption from





Oxford to Bellevue since 1683, and
ill works in its time-honored way. If it's on the other
de of the river when you want to use it, you pull the lanyard on the pier to hoist a signal flag, and pretty soon the boat will come to pick you up.

Oxford's mood is altogether that of another time. Only rarely o traffic sounds disrupt the tranquillity. Most houses are colonial; sidewalks are brick. The ladies auxiliary of the volunteer fire department raises funds with crab-cake and oyster-and-bean easts, and there's an annual antiques fair. How Oxford maintains its otherworldliness is a mystery; you can drive there from Washington in less than two hours.

Almost equally untouched by time is Maryland's St. Mary's County, which lies about the same distance from the capital, and on the mainland (i.e., the western shore) to boot. The area appears a likely andidate for mushrooming developments. But like Talbot County, in which Oxford is located, St. Mary's County occupies one of those land fingers that poke into Chesapeake Bay and as avoided the mainstream by maintaining its maritime orientation.

St. Mary's City, which was the first capital of Maryland, dates back to 1634; an outdoor drama, "Wings of Morning," tells the story of the founding of the colony and is performed summer weekend nights behind the replica of the first statehouse here.

Nearby Sotterley Plantation, which dates back to 1717, is well worth a visit, and every Wednesday and Saturday there's a colorful farmers market at Leonardtown, the County's commerical hub on Maryland-5.

But there's an even better reason to come here. Almost everybody in St. Mary's County seems to be an expert fisherman, and catches of rock fish, striped bass, bluefish, sea trout, flounder, and cobia (depending on season) are practically guaranteed when you travel these waters on a head boat. Scheible's Fishing Center, off Maryland-5 at Ridge, almost at the end of the County's peninsula, runs eight-hour trips in the Bay on Wednesdays, Saturdays, and Sundays from May to October. The fact that head boats carry two dozen or more fishermen not only makes the trip cheaper than on individual charters, but in many ways more fun for a family; if you are not experts yourselves, many will be happy to teach you the tricks of the trade. Scheible's offers a special convenience; you can overnight in one of their motel units before the 8 a.m. departure—a good idea since accommodations are scarce around St. Mary's.

In contrast to the paucity of lodging in St. Mary's County, there are plenty of places to stay elsewhere in the vicinity. Maritime recreation has long been an important source of income along the ocean and tidewater shores. Thousands of inlanders regularly spend summer weekends on Delmarva's beaches. Ocean City, Maryland, with its three-mile boardwalk, and Rehoboth, Delaware, are today's most popular resorts. But the latter was still a religious camp meeting site, and Ocean City along with Atlantic City, New Jersey, barely in their infancy, during the heyday of the most fascinating watering place along the coast—Cape May, at the southern tip of New Jersey.

Cape May had begun to flourish as a resort shortly after the War of 1812. Four years later, its first huge hotel, Congress Hall, was under construction. Henry Clay showed up in 1847, Abe Lincoln in 1849, and by the summer of 1850 as many as 3,000 visitors a day arrived aboard steamers that chugged down the Delaware River from Philadelphia and New Castle. Cape May's growth continued into the 1890s, and the resort took its fame so much for granted that it was betrayed by it. Refusing to change with the times, Cape May lost its leadership to Atlantic City, soon was all but forgotten, and ultimately fell into decay.

Only in recent years did its inhabitants wake up to the fact that they were sitting on a treasure trove—America's most concentrated collection of Victorian architecture, some 600 buildings in all. Many of these have now been renovated, downtown has been cleaned up and given a delightful walking street, and when you go to Cape May today, it's not just for a swim in the ocean but a dip into the past. A walking tour has been designed that takes you to more than two dozen of the best examples of the town's period architecture. The grand hotels are back in business. The walking street with its old-time ice cream parlor, its alfresco restaurants, and its shops is a fine place for people-watching and promenading.

Among Cape May's pleasures are its old-fashioned guesthouses, whose high ceilings and fussy furnishings will put you in a Victorian mood. Perhaps the nicest of these guesthouses is The Mainstay. The rates, as elsewhere in Cape May, are amazingly reasonable (around $20 to $25 for a double, depending on whether you're willing to share your bathroom with a neighbor). That's because Cape May hasn't quite made it back to the top yet. It's still waiting and hoping to be rediscovered, and consequently now is the best possible time to visit.

So far we've given you glimpses of a region that was not wrenched by history's convulsions. Not so the cradle of our country, the Philadelphia to Williamsburg stretch. Here, the past is easier to find but not so easy to feel, since it tends to be overpowered by the present.

One spot where the past has been conscientiously preserved is, of course, Williamsburg, Virginia's colonial capital and scene of the first rousing speeches for the country's independence. You can capture the same sense of historical continuity when you visit Monticello, Mount Vernon, Independence Hall, or when you stand by John F. Kennedy's grave on the Arlington Cemetery hillside and look out over the panorama of Washington, D.C.

But to get a real gut feeling for what happened in most other places, you have to go farther afield, and put your imagination more to work. Often it's a somber experience—but that's also part of rediscovering America.

Take Valley Forge, for instance. Its trees and meadows very likely will be green when you arrive, but even so, if you really give it a try, you'll be able to think yourself back to that winter of 1777/78 when the Continental Army was encamped here, waiting for spring to thaw out their cold and weary bones. For 3,000 of Washington's 11,000 men, that spring did not arrive in time.



Or visit Antietam National Battlefield, about 15 miles north of Harpers Ferry at Sharpsburg, Maryland, scene of the Civil War's bloodiest day, September 7, 1862, when 23,000 men were killed or wounded in the single battle. Get a map at park headquarters and find Bloody Lane, where 2,000 died in a 20-minute skirmish. Think about that for a while.

Or go to Gettysburg, whose one-time battlefields are farmed to this day and are as lush in their summer's garb as they were on July 3, 1863, when the Confederacy, in its boldest and most aggressive action toward the North, was decisively repulsed with the defeat of Pickett's charge. And with your mind's ear, listen to Lincoln's Gettysburg Address as you stand on the hilltop in the National Cemetery where he spoke.

But going back into history need not be all solemnity. Even war wasn't always unmitigated bloodshed. George Washington's most acclaimed victory, over the Hessian mercenaries at Trenton, New Jersey, must have been a cinch. The Hessians were all quite drunk that early Christmas morning of 1776. What's more, there are good reasons to think that the crossing of the Delaware that night wasn't nearly as dramatic as portrayed by Emanuel Leutze in his famous painting that hangs in New York's Metropolitan Museum of Art (a copy hangs at Washington Crossing Park). Leutze, a German who never left his native country, didn't know that the Delaware River does not turn into a polar sea of icebergs even in the bitterest of winters. A plaque at the site indicates that Washington ferried across the river a number of times that night. The most logical explanation is that his 2,400 men weren't enthusiastic about the trip, and Washington had to do considerable prodding. Even so, a visit to the Park is well worth your time, if only to admire the Thompson-Neeley House of Decision where Washington and his lieutenants planned the surprise raid. Certainly you'll want to see the area—Pennsylvania's Bucks County—which presents one of the most pleasant mixes of history, landscape, and tranquillity to be found anywhere. Just driving around this county's back roads is a joy. Houses of pointed Pennsylvania fieldstone, many of them dating back more than 200 years, peek through the trees, or lord it over sweeping fields.

What's really unique about this area, however, is the Delaware Canal, a 149-year-old waterway that parallels the Delaware River on its Pennsylvania side for 60 miles, between Bristol and Easton. As late as 1931, mules towed freight barges through this canal's locks and under its barn-red bridges and arching canopies of trees. Today the Canal, together with its towpath, is a state park where you can stroll for hours, free from crowds and the smell and noise of traffic.

In its central section, the Canal bisects the picturesque, cobblestoned village of New Hope, where you can browse through numerous antique and craft shops, take your youngsters for a ride on an old steam train, and, best of all, board a mule-drawn excursion barge for a one-hour trip on the Canal. If you're lucky, the barge attendant who brings his guitar along will play on the return trip.

New Hope has lots of places to stay in and eat at, but if you want more seclusion you can reserve a room at the 1740 House in tiny Lumberville, six miles north of New Hope on Pennsylvania-32 (River Road). Most of this hostelry's 24 rooms have their own terraces overlooking the Delaware River.

For a totally different experience, head in the other direction from Philadelphia. About a 90-minute drive west of the city is the Pennsylvania Dutch country, the land of the "gentle people" who to this day follow the precepts of their immigrant ancestors of more than two centuries ago. In keeping with their Amish and Mennonite beliefs, they scorn such amenities as automobiles, central heating, electricity, and telephones. Horses still pull their plows; yet their yield per acre is as high as any in the nation. Don't be put off by all the clutter and honky-tonk that flanks so much of US-30 in this area. Take the country lanes that crisscross the land of shoofly pie and watch the sturdy inhabitants at work. Even more fascinating than the oddity of seeing women in bonnets and bearded men in severe black suits and hats is the realization that the scene might have been encountered on any farm a couple of hundred years ago.

Some of the Pennsylvania Dutch farms take in guests by the day or week; try it if you have the time. You'll live in a simple room, eat delicious country food in farmhand quantities, and your kids will probably learn how to gather eggs and milk a cow. On a longer visit, you may even attend a barn raising, a threshing bee, or a quilting party. But don't go around snapping pictures right and left. Many Amish believe that to pose for a photograph—a graven image—violates God's will.

At the very least, tour the 71-acre Amish Homestead, three miles east of Lancaster, or travel a little farther east and visit the 170-year-old Amish Farm and House. It's in full operation, just like a regular farm, furnished in the style of the time of its origin, and there's an interesting museum as well. For more old-time farming, go to the Pennsylvania Farm Museum, north of Lancaster at Landis Valley. On exhibit are more than 250,000 items of 18th-century life, including numerous Conestoga wagons, which were designed in this part of the country and named after Lancaster's Conestoga River.

Just north of the Farm Museum, on Pennsylvania-272, is Ephrata Cloister, a structure of medieval design the like of which is to be found nowhere else in North America. It was built in 1732 as the home of one of the early communal societies on our continent, a German-Protestant sect whose unmarried members were required to take the pledge of celibacy, stoop when they walked through doors (to inculcate humility), and sleep on wooden boards and wooden "pillows." It took a personality of singular mystical magnetism to inspire such voluntary discipline, and—predictably—soon after the sect's founder, Conrad Beisel, died in 1768, the community began to disintegrate. Early in the next century, the Cloister was abandoned.

Lancaster itself, the hub of the Pennsylvania Dutch country, holds many surprises. As the country's oldest inland town, having been plotted in 1730, it has many buildings dating back to well before the Revolution. Lancaster was a community of considerable importance and prestige. But like Cape May, it eventually fell into disrepair, and only in recent years have its citizens taken up arms to fight the urban decay. Many of the old homes have now been restored, and the city is doing a brisk business selling off dilapidated properties to families who agree to renovate them. To see the results, join one of the walking tours.

A side trip or two out of Washington, D.C., will acquaint you with a more futuristic approach to city planning. At Reston, Virginia (off the Dulles Airport Expressway), and at Columbia, Maryland (24 miles north of the city off I-95), you'll find two ambitious satellite community projects that seem to work very well. The contrast with yesterday's high-density approach becomes apparent immediately. All houses, including detached single-family homes, are clustered in tight neighborhoods separated by broad bands of meadow and forest. The architecture is all stunningly modern. Schools and shopping centers are usually within walking or biking distance, with footpaths and bike lanes separated from motor traffic by under- and overpasses.

In the early days of America, the pioneers considered the inhospitable Appalachians an impenetrable barrier, so development quite naturally followed the gentler and more fertile terrain of the piedmont, the wide valleys at the foot of the hills. This development—and, in fact, the eventual economic fortune of our country—was based largely on the raising of tobacco. For many years, the leaf of nicotinia tabacum was common currency, and as late as the mid-1700s, many ministers of the gospel took their pay in that form. Like so much else, the tobacco export business had started in Jamestown, with the first shipment leaving this port in 1612.

To learn all about tobacco, which, for better or worse, was the first crop to establish America in the world's markets, go to Danville, in south-central Virginia. Here, tobacco auctioning—with its singsong patter that's comprehensible only to the initiated—was introduced about 1860 as the fastest way to sell large quantities. A few years later Danville gained additional fame and prosperity as America's cotton center, when the Dan River Mills opened in 1882.

Be sure to attend one of the tobacco auctions. They are held Monday through Thursday from early August into late November at any number of the Danville warehouses. Another must is to explore the National Tobacco and Textile Museum in Danville. Here you'll find a fabulous collection of antique cigar boxes, pipes, plug cutters, spittoons, snuff boxes, advertising posters, textile samples, cotton exhibits—a cornucopia of all that produced our nation's first nest egg.

Then, as you head westward from the tilted plains of the piedmont, the mountains rise ahead, blue in the afternoon haze. Narrow roads twist and climb through shady woods and skirt hillside meadows that gleam in the slanting light. Soon, the slopes fall away more abruptly, and you can see weathered cabins nestled in the gulches. You're approaching the land of Ol' Coonskin Dan'l Boone, who carved the 208-mile-long Wilderness Road across the Blue Ridge and on through Cumberland Gap into Tennessee and Kentucky. And as the land changes, so do its people. They're tougher than the valley folk, less inhibited in their manners, and somehow more honest, more boisterous in their pleasures. For generations, ever since their forebears got a toehold in the hills, life has been hard, and that harshness tells in a drawn look on the faces, even the fat ones. But when the hill folk relax, they really let go, and it's when they let go—provided you don't get into an argument with them—that you'll get to know them best. The most enjoyable way is to join one of their banjo-pickin' get-togethers.

Biggest and most famous of these shindigs is the early-August Galax (Virginia) Fiddlers Convention, hard by the Blue Ridge. But you'll get a truer picture from the small unpublicized events, where the backs of hay trucks serve as the stage. The music goes on for two nights, usually, Friday and Saturday, and the basic instruments are the fiddle, mandolin, banjo, and bass guitar. The beat is provided by spoons or a washboard, the latter drummed by a player with thimbles on his gnarled fingers. Sometimes there's a dobro, a type of guitar you lay down flat and play like a zither. When it comes to old finger pickin', none of which is rehearsed, the musicians forget all about their audience. They play to each other, forming a tight circle so that you see only their backs. These old-time musical bashes usually are held in the community baseball fields of little towns like Bluefield, Marion, and Christiansburg, and there's at least one every weekend all summer long. The best way to find out where you might run into one is to ask around or phone the local chambers of commerce. The Virginia Department of Parks has scheduled concerts in many of the parks through the summer.

It's been just about 200 years since Daniel Boone went across the Blue Ridge in Virginia and up into the Cumberland Mountains. For nearly 50 years afterward, the trail he hacked out of these hills was the only way for land-hungry Americans from the eastern seaboard to cross the Appalachians. Many didn't make it. They got stuck en route, along Boone's trail and in all the gaps (the local word for passes) that cut into the mountains from the Shenandoah Valley. For five, even six generations, these hill dwellers were all but isolated, retaining the accents of their ancestors much as the early colonists did around Chesapeake Bay and along the coast. The Appalachian artifacts we now admire were once necessities. Long after the rest of us had learned to live with machines, the highlanders still lived largely by their handicrafts—stitching quilts to keep warm, and weaving split-oak baskets to collect their eggs in. What luxuries the families possessed were made from leftovers—corn-husk dolls and artificial flowers fashioned from wood shavings.

Romanticize handicrafts all you want, but to eke a living out of them is rugged. Luckily, most highlanders don't have to anymore. There are still pockets of poverty in Appalachia, to be sure, but you are not likely to encounter them unless you seek them out. For the most part, you will be amazed at the new prosperity in western Virginia and West Virginia. The energy crunch has resurrected the coal industry, and the Appalachian miners are extracting tons of black gold from them thar' hills these days.

Some of the mountain people still work at the crafts, of course, but the problem today is to tell the authentic from the spurious. You can always count on the wares of members of the Craftsman's Guild of the Southern Highlands, biggest and oldest of the craft guilds. Moreover, working with the Guild has infused many of the artists with an aesthetic awareness they didn't possess when crafts products were considered the basic tools of daily life, rather than works of art. You'll find the best examples of regional crafts at the annual Mountain State Art and Craft Fair at Ripley, West Virginia (always over the July 4 weekend), at the West Virginia State Folk Festival at Glenville (late in June), at the Highlands Festival of the Arts in Abingdon in southwestern Virginia (the first two weeks of August), and at the Shenandoah Valley Craft Show at Staunton, Virginia (in late August).

Preserving these old skills and traditions is the prime aim of the Augusta Heritage Arts Workshop in Elkins, West Virginia, a mountain town west of Monongahela National Forest. There you can join summer sessions in the old skills of Appalachia, from spinning, weaving, tapestry hooking, folk drama, and folk-music making to crafting musical instruments, splitting stones and shingles, and building log cabins.

The man who teaches stone splitting seems to be the last who knows how, and some tools are no longer available. Implements like foot adzes and broad axes just aren't used nowadays, and students have to make them from scratch.

Workshop classes are held at Davis and Elkins College, and the tuition is a steal: $50 for a week. Courses range from one to four weeks, and run from after July 4 to mid-August. If you enroll in the one for log cabin building, for instance, you'll be involved in the project from foundation to shingles. Chances are you won't make a living out of what you learn here, but it will be time well spent in rediscovering America.

Suggested tours through the Forge of Freedom area are on the following page. Look for the continuation of this special Bicentennial travel series (which began with the Southwest in the January issue and the Old South in the March issue) in future months.






Any of the three routings outlined here will give you a good idea of what the cradle of our country is all about. The tour shown in red is for one week, the white for two, and the blue for three. All cover such Bicentennial musts as Washington, Williamsburg, and Philadelphia. The longer ones also include less obvious places that you'll enjoy. Just remember that we offer these tours as guidelines. You'll probably want to add more places you've read about on the preceding pages.

## RED TOUR—7 DAYS

**Days 1 and 2. Philadelphia, Pennsylvania**—The old Liberty Bell now has its own home, a new pavilion in spruced-up Independence National Historical Park. Independence Hall, where the Declaration was signed, is the Park's centerpiece. Next door is Old City Hall where the early Supreme Court sat, and then there is the First Bank of the United States, filled with exhibits that depict the development of the executive branch of our government. Nearby stands the Second Bank of the United States, now a portrait gallery of Revolutionary and Federal period personalities.

Independence Park is but the core of the Bicentennial City's offerings. Visit the United States Mint, which has been making coins since 1792; take the cultural-loop bus (a 50-cent climb-on-and-off-again bargain) to see Betsy Ross' house, Elfreth's Alley, The Franklin Institute. Stroll through Society Hill, Philadelphia's loveliest section of Georgian town houses, and savor the sights and smells of the Italian open-air market, on Ninth Street. For information on lodgings, events, and attractions, contact the Philadelphia Visitors Bureau, 1521 Kennedy Boulevard, Philadelphia, Pennsylvania, 19102.

Distance to Washington, D.C., via I-95: 135 miles.

**Days 3, 4, and 5. Washington, D.C.**—Our nation's capital has also dressed up for the Bicentennial. Its mall is now the most beautiful and most impressive city greensward in the world. Of course, you'll want to take in all the important sights—the Capitol, White House, Archives, the Smithsonian, Arlington Cemetery, and more. Some other possible adventures: a picnic at the Great Falls of the Potomac, a concert at Kennedy Center, a visit to the magnificent Islamic Mosque. For information: Convention and Visitors Bureau, 1129 20th Street N.W., Washington, D.C. 20036.

Distance to Williamsburg, Virginia, via I-95 and I-64: 156 miles.

**Days 6 and 7. Williamsburg, Virginia**—Our country's most ambitious restoration brings Colonial America vividly to life. Most of its 500 houses are lived in, or serve as restaurants, shops, and demonstration centers of time-honored crafts.

Jamestown Festival Park, seven miles south of Williamsburg on the Colonial Parkway, takes you back to 1607, when the first permanent English settlement in the New World was founded. The reconstruction includes replicas of the original stockade and of three sailing ships.

The third point of "Virginia's Historic Triangle" is Yorktown, where General Cornwallis surrendered to Washington, thus ending the Revolutionary War. Fortifications have been excavated, and cannons are in their original positions. Information: Colonial Williamsburg, Williamsburg, Virginia 23185.

## WHITE TOUR—14 DAYS

**Days 1, 2, and 3. Philadelphia**—After doing the town, push on to the city's environs. It's only about 35 miles from downtown to Washington Crossing in bucolic Bucks County, where George Washington made his famous crossing of the Delaware. Valley Forge, off the Pennsylvania Turnpike, lies about the same distance northwest of the city.

Distance Philadelphia to Cape May, via the Atlantic City Expressway and Garden State Parkway: 90 miles.

**Day 4. Cape May, New Jersey**—You'll just love it here: fine beaches to snooze on, Atlantic breakers to body-surf, and off-season a great place for peaceful walks along the shore. Information: Cape May County Chamber of Commerce, Court House, P.O. Box 74, Cape May, New Jersey 08210.

Distance Cape May to Crisfield, Maryland, embarkation port for Tangier Island: about 120 miles. Cross by ferry to Lewes, Delaware, then follow Delaware-14/528, US-50, US-13, and Maryland-413 to Crisfield to catch the daily ship to Tangier Island.

**Day 5. Tangier Island**—You'll enjoy a Tangier-style seafood dinner at Crockett's Chesapeake House, and a stroll through a picturesque village. For information, contact Crisfield Chamber of Commerce, Box 292, Crisfield, Maryland 21817.

Distance Crisfield to Williamsburg via US-13, Chesapeake Bay Bridge/Tunnel, and I-64: about 150 miles.

**Days 6, 7, and 8. Williamsburg, Jamestown, and Yorktown**—Stop off in Richmond and/or Fredericksburg, Virginia, en route to Washington.

**Days 9, 10, and 11. Washington, D.C.**

Distance to Frederick on I-70: 45 miles. It's another 45 miles to Gettysburg on US-15.

**Days 12 and 13. Frederick, Maryland, and Gettysburg, Pennsylvania**—Be sure to visit Frederick, home of Francis Scott Key who wrote "The Star-Spangled Banner." Also see the house of Barbara Fritchie.

Gettysburg, despite its commercialization, remains a must on any trip into the past. Visit the museum of the National Military Park, see the vivid cyclorama presentation at the Visitors Center, and drive and hike over the battlefields. Information: Gettysburg Travel Council, Carlisle Street, Gettysburg, Pennsylvania 17325.

Distance from Gettysburg to Lancaster via US-30: about 60 miles.

**Day 14. Lancaster, Pennsylvania**—The recent meticulous restoration of historical town houses in this city has made it a prime destination. Lancaster is the hub of the Pennsylvania Dutch country. Take any country road, and you'll see Amish and Mennonites toiling on their lands in the old-fashioned ways. Don't miss Ephrata Cloister or the Pennsylvania Farm Museum, and try your hand at pretzel bending at the Pretzel House in Lititz. Information: Pennsylvania Dutch Tourist Bureau, 1800 Hempstead Road, Lancaster, Pennsylvania 17601.

## BLUE TOUR—21 DAYS

**Days 1, 2 and 3. Philadelphia.**

Distance to Wilmington via I-95: about 30 miles.

**Days 4 and 5. Wilmington, Delaware**—Wilmington abounds in richly endowed attractions. The Delaware Museum of Natural History is one of the best. Also extraordinary is Winterthur whose 100 period rooms cover the evolution of American styles in architecture and furnishings. Some 14 rooms are open regularly for guided tours. Winterthur's gardens are a wonder in the azalea season; in summer you'll prefer Longwood Gardens, off US-1 at Kennett Square. Fountain displays there rival those of estates in Italy. Information: Delaware State Visitors Service, 45 The Green, Wilmington, Delaware 19901.

Distance Wilmington to Annapolis via US-13 and US-301: about 95 miles.

**Day 6. Annapolis, Maryland**—The State House, built in 1772, was the first capitol of the United States after the Revolutionary War. Along with the U.S. Naval Academy, it's Annapolis' leading attraction. Join a walking tour of Historic Annapolis. Information: Maryland Division of Tourist Development, 1748 Forest Drive, Annapolis, Maryland 21401.

Distance Annapolis to Washington via US-50: 30 miles.

**Days 7, 8, and 9. Washington, D.C.**

**Days 10, 11, and 12. Williamsburg, Jamestown, Yorktown.**

Distance Williamsburg to Charlottesville via I-64: about 125 miles.

**Days 13 and 14. Charlottesville, Virginia**—Monticello, that classic of American architecture, designed and built by Jefferson and filled with his papers and inventions, could keep you entranced for days. But don't skip the University of Virginia, also built according to his plans, and Michie Tavern, where he used to hang out with Monroe and Madison.

Distance to Big Stone Gap via I-64 I-81, US-58, US-23: 235 miles.

**Day 15. Big Stone Gap, Virginia**—Come early enough to catch the outdoor musical drama "Trail of the Lonesome Pine," which will give you a good, if somewhat soupy, picture of life on our country's first frontier. Next morning, visit the excellent Southwest Virginia Museum. Information: Dean Graybeal, Virginia Travel Council, 18 West First Street, Big Stone Gap, Virginia 24219.

Distance from Big Stone Gap to Grandview State Park near Beckley, West Virginia, along a meandering cool-country itinerary that roughly follows US-23, US-58A, US-19, West Virginia-29, I-77, and again US-19: about 220 miles.

**Day 16. Grandview State Park, West Virginia**—Amidst spectacular surroundings, see a top-notch outdoor drama on the birth of West Virginia as a state. The play, "Honey in Rock," alternates in the park's cliff-side amphitheater with "Hatfields and McCoys," which isn't a bad show either. Information: West Virginia Travel Division, 1900 Washington Street East, Charleston, West Virginia 25305.

Distance Grandview State Park to White Sulphur Springs via West Virginia-3, -12, I-64: about 80 miles.

**Day 17. White Sulphur Springs, West Virginia**—Our country's original elite resort, The Greenbrier, hasn't lost any of its style.

Distance White Sulphur Springs to Luray, via I-64, US-60, Blue Ridge Parkway, US-211: about 200 miles.

**Day 18. Luray, Virginia**—The Blue Ridge is riddled with caves, of which the Caverns of Luray are probably the most impressive. Information: Shenandoah Valley Travel Association, Box 448, New Market, Virginia 22844.

Distance Luray to Harpers Ferry, via US-211, I-81, Virginia-7, and US-340: about 125 miles.

**Day 19. Harpers Ferry, West Virginia**—Historic Harpers Ferry nestles on a mountainside where the Shenandoah flows into the Potomac. The Federal Armory, scene of John Brown's 1859 raid, is well preserved. Information: Eastern Gateway Travel Council, 110 West Burke Street, Martinsburg, West Virginia 25401.

Distance Harpers Ferry to Gettysburg via US-15: 50 miles.

**Day 20. Gettysburg, Pennsylvania.**

**Day 21. Lancaster, Pennsylvania.** ■




# Try to guess from their hands.

The mother is Mrs. Margaret Altamirano, a San Francisco mother of five. The daughter is her teenage daughter, Mary Ann.

But just look at those hands! Can you tell them apart? It's really hard, because after years of washing dishes, Mrs. Altamirano's hands look almost as young as her own daughter's.

How does she do it? With some common sense hand care. And she's been using Ivory Liquid for twelve years. "It's really mild and gentle," she says, and she feels that Ivory Liquid helps keep her hands young looking.




Look again. Can you guess who's who from their hands? Turn to page 138 to see if you guessed right.

**Mild Ivory Liquid helps hands stay young looking.**

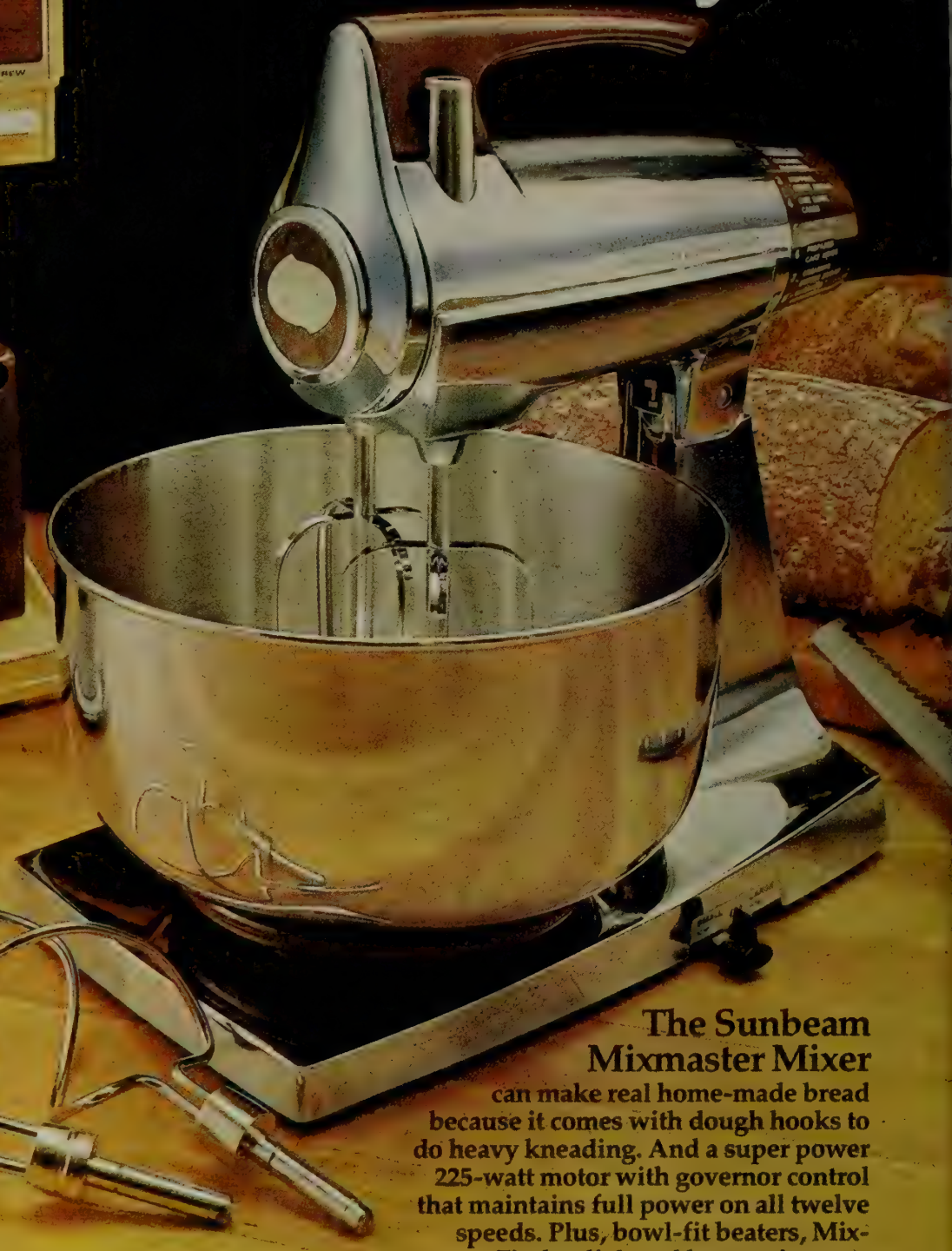
# Sunbeam makes real coffee,

# real bread, real easy.

**The Sunbeam Coffeemaster Coffeemaker** is different. Because its unique brewing system heats all the water to the correct temperature, before brewing. And its stainless steel tank makes coffee pure and clean-tasting. The filter basket works with or without paper filters. (50 included)

Get Sunbeam brewing for Mom's Day . . . and serve up to 10 delicious 5-oz. cups!



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# INSTANT ENTRÉES

**Microwave ovens do not replace conventional cooking methods, but complement them. If you already have a microwave sitting on your counter top or built into a wall, you've undoubtedly discovered they can simplify life considerably for busy families. These three quick entrées capitalize on the microwave's unique talent for cooking food speedily. NOTE: Timings are approximate. Counter-top microwave ovens vary by manufacturer. After trying a few recipes, you'll be able to adjust timings to your oven.**

Photographs: Dieter



**SHORT-CUT VEAL PARMIGIANA**

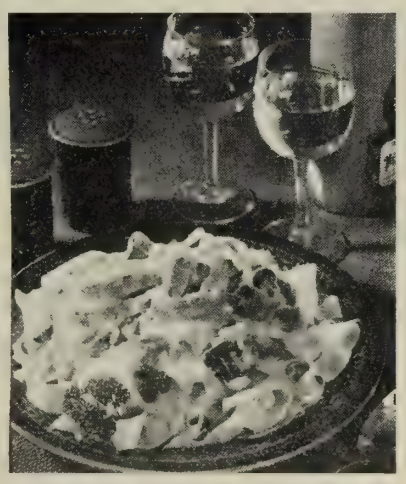
*Use the browning plate to cook and serve this entrée. If you do not have a browning plate, brown the cutlets in a skillet first—*

**½ pound boneless veal steak, cut in two pieces**
**¼ cup fine saltine cracker crumbs (7 crackers)**
**2 tablespoons grated parmesan cheese**
**¼ cup milk**
**¼ cup chopped onion**
**1 8-ounce can stewed tomatoes**
**¼ teaspoon dried oregano, crushed**
**Pepper**
**1 slice (1½ ounces) mozzarella cheese**
**Grated parmesan cheese**

Pound veal to ¼-inch thickness. Combine cracker crumbs and the 2 tablespoons parmesan. Dip veal in milk, then in crumb mixture. Micro-cook onion in small glass bowl or custard cup, covered with waxed paper, for 1½ minutes; set aside.

Heat browning plate (at the highest setting available) in microwave oven for 2 minutes. Place veal on plate and cook for 2 minutes, turning once to brown both sides. Remove from oven.

Sprinkle cooked onion over browned veal. Spoon on tomatoes. Sprinkle with oregano and a little pepper. Micro-cook, covered with waxed paper, for 4 minutes. Cut cheese slice into 4 triangles; place two triangles over each cutlet. Return to oven. Micro-cook, uncovered, 30 seconds more. Sprinkle with additional parmesan cheese, if desired. Makes 2 servings.



**SPEEDY BEEF STROGANOFF**

*Cook noodles the conventional way while you're preparing the stroganoff in the microwave—*

**1 cup (2½ ounces) sliced fresh mushrooms**
**½ cup chopped onion**
**1 clove garlic, minced**
**2 tablespoons all-purpose flour**
**2 teaspoons instant beef bouillon granules**
**½ teaspoon dry mustard**
**½ teaspoon salt**
**Dash pepper**
**¼ cup water**
**¼ cup dry white wine**
**2 tablespoons tomato paste**
**1 pound boneless beef sirloin steak, cut in 1½x1-inch strips**
**¾ cup dairy sour cream**

In 1½-quart glass casserole, combine mushrooms, onion, garlic, flour, bouillon granules, mustard, salt, and pepper; mix well. Stir in water, wine, and tomato paste. Cover with glass lid or waxed paper. Micro-cook 4 minutes, stirring once. Stir in meat. Cover and micro-cook for 6 to 7 minutes more, stirring every 2 minutes. Blend in sour cream. Return to microwave oven for 30 seconds to heat through. Serve over hot cooked noodles. Makes 4 servings.



**CHOP-CHOP SWEET SOUR PORK**

*Use your microwave to cook the rice, too—*

**2¼ cups water**
**1 tablespoon butter or margarine**
**1 teaspoon salt**
**2¼ cups uncooked packaged precooked rice**
**¼ cup packed brown sugar**
**2 tablespoons cornstarch**
**¼ teaspoon salt**
**¼ teaspoon ground ginger**
**¼ cup water**
**¼ cup vinegar**
**3 tablespoons soy sauce**
**1½ pounds lean boneless pork, cut in ½-inch cubes**
**1 15¼-ounce can pineapple chunks (packed in its own juice)**
**¼ cup chopped onion**
**1 green pepper, cut in 1-inch squares**

In 1½-quart glass casserole, combine the 2¼ cups water, the butter or margarine, and 1 teaspoon salt. Cover and micro-cook till water boils, about 4½ minutes. Remove from microwave oven. Stir in rice. Cover and let stand while preparing pork. Fluff rice with fork before serving or mold in custard cups, as in our photograph.

In 2-quart casserole, combine brown sugar, cornstarch, the ¼ teaspoon salt, and the ginger. Stir in the ¼ cup water, the vinegar, and soy sauce. Add pork cubes, *undrained* pineapple, and onion. Stir to coat pork. Cover and micro-cook for 14 minutes, stirring once after 7 minutes. Stir in green pepper; cover and micro-cook 1 minute more. Serve over hot rice. Makes 6 servings.

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# TRAVEL WEST

**Barbara Humeston, Regional Travel Editor**

An insider's guide to family vacations for readers who live metropolitan areas of the Far West



*Vogelsang Camp in its rugged alpine setting above the timberline*

## An easy way into the wilderness

Every summer, legions of hardy backpackers head for the high mountain country of California's Yosemite National Park. In exchange for carrying 25 to 35 pounds of paraphernalia—backpacks, cooking gear, food, clothes, sleeping bags, and what have you—they reap the rewards of this spectacular wilderness.

What if you don't have the equipment or stamina for backpacking? You can still share in this roadless country of pure cold lakes, sparkling streams, and soaring, shining granite by staying at the venerable High Sierra Camps operated by the Yosemite Park and Curry Company.

### Circle of five

For most of this century, hikers' camps have provided welcome shelter and meals for travelers in Yosemite's backcountry. Today there are five of these sites roughly a day's walk apart in a circle that twice crosses the Tioga Pass Road, which cuts through the Park and its Sierra Nevada mountain range. All but one of the Camps are also a day's hike from the Road.

Generally speaking, each site has one or two permanent buildings that house a kitchen, dining room where meals are served family style, and washrooms with hot showers. Guests sleep nearby in big canvas "tent-cabins," usually segregated into men's and women's dormitories with warm bedding provided. This means visitors carry only clothes and other personal items while hiking.

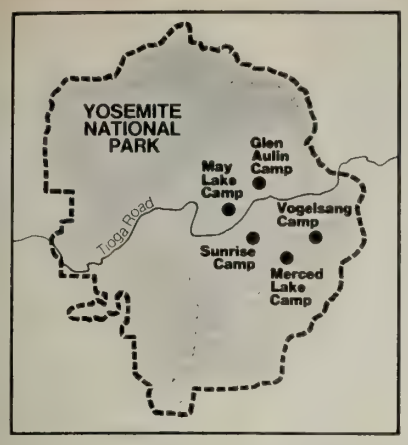
### Individual appeal

All the Camps are in beautiful areas, and each has its own special appeal. Merced Lake Camp offers good fishing in the Lake and the Merced River. May Lake Camp sits at the foot of two-mile high Mount Hoffman. The trail to Glen Aulin Camp passes several foaming cascades along the Tuolumne River and is near Waterwheel Falls, a popular hiker destination during the spring runoff. Both Vogelsang Camp, above the timberline, and Sunrise Camp are noted for their rugged alpine settings and wide wildflower meadows.

A trip to the High Camps is a good way to find out if you're destined to become a serious backpacker. The season begins when the snow melts in spring and lasts till early autumn. Visitors, of course, should be in good shape and enjoy strenuous hiking. At mountain elevations the seven- to ten-mile stretches be

**More For Your Travel Dollar!**

**See page D4 for a listing of free travel information and literature you can order.**




tween Camps seem much farther.

### Early reservations

You can visit the backcountry Camps individually or hike the full circle. Overnight fees are $20.50 per person, including dinner and breakfast. Early reservations are essential. In addition, lodges at White Wolf and Tuolumne Meadows on Tioga Road provide meals and accommodations—again in "tent-cabins."

If you prefer riding, there are saddle trips (three, four, or six days) to the Camps. A ranger-naturalist also leads seven-day hiking trips, which sell out early.

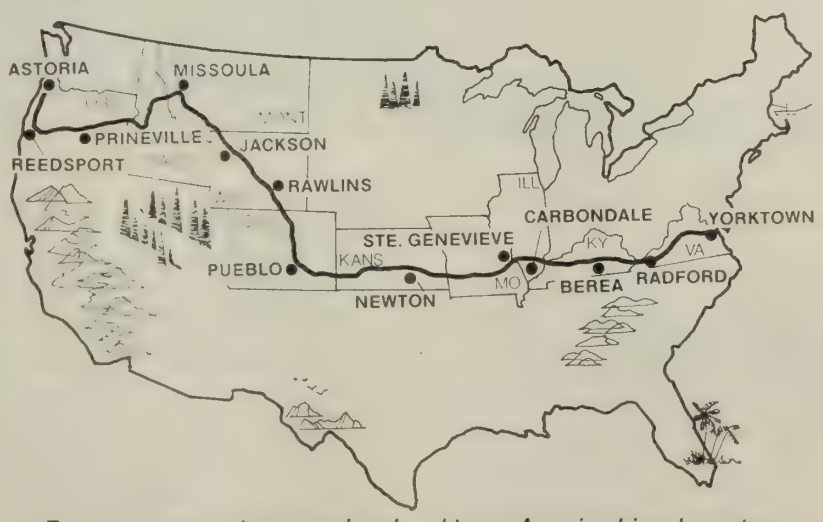
For more information, write Debbie Maltsberger, High Sierra Reservations, Yosemite Park and Curry Company, Yosemite National Park, California 95389; or phone 209/372-4671.

## Cycling trips for '76

With all the hoopla about the Bicentennial, it probably slipped your mind that 1976 also marks the 100th anniversary of the bicycle in this country. To help celebrate both events, waves of some of the nation's 90 million bike owners will enjoy unique vacation adventures this summer by crossing the country on the first Trans-America Bicycle Trail.

The 4,100-mile bicycle route, which will become the permanent backbone for an expanding system of national bike trails, is carefully charted along existing back roads and meanders mainly through rural America. It links 25 national forests, two national parks, mountain ranges, wilderness areas, prairies, grasslands, and desert. The route also reaches into the past, as it parallels or crosses historic trails.

Bikecentennial, a nonprofit group and principal organizer of the Trail, will host a variety of regional and trans-America bike tours (12 to 82 days in length) over the route this summer. Age and experience aren't really important. If you're young at heart and adventurous, you can probably take part. Here's a quick rundown of this summer's tours.



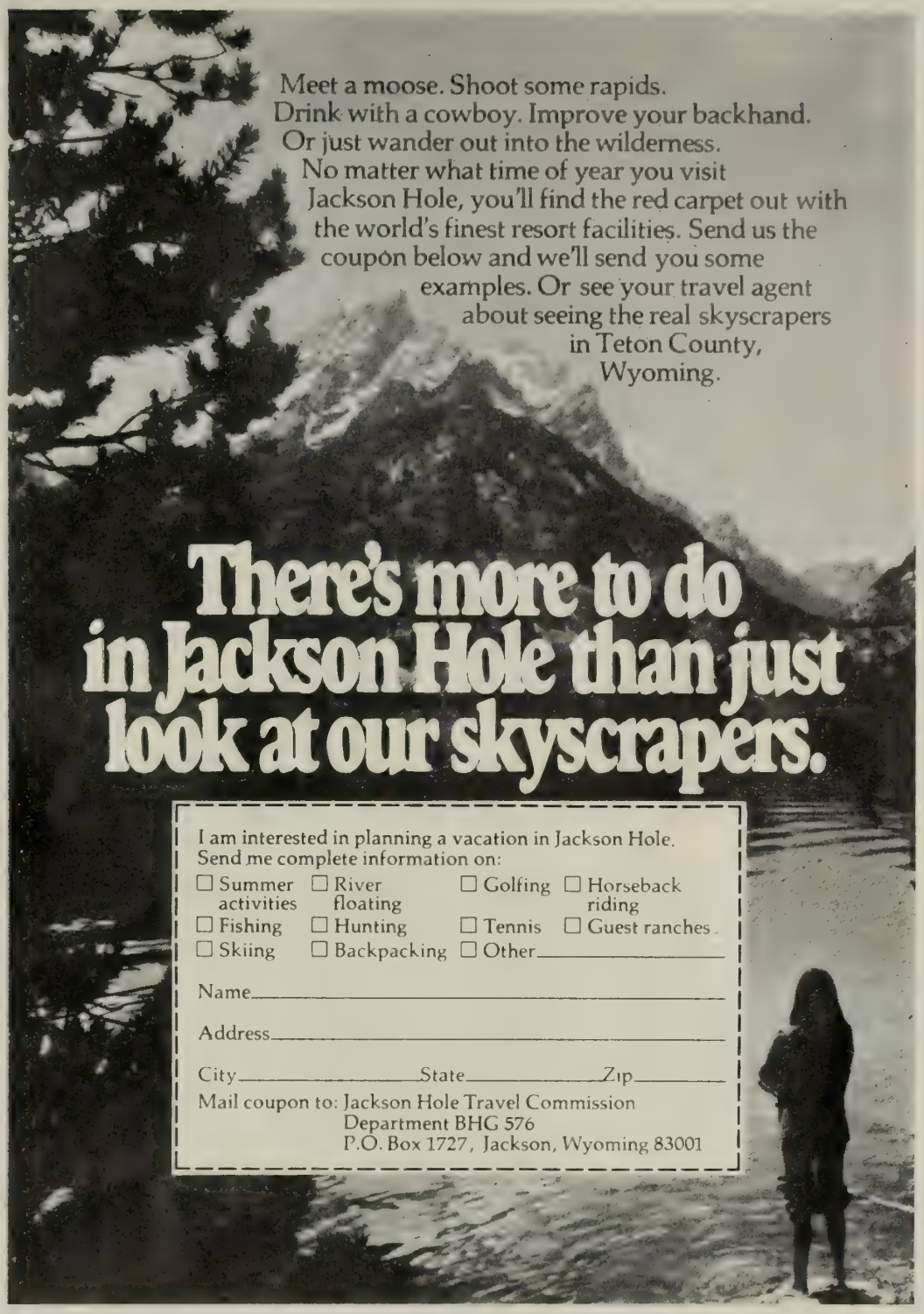

*Tours cross-country on regional and trans-America bicycle routes*

**Twelve days**—Astoria to Prineville, Oregon (Coast-Cascades Tour); Missoula, Montana, to Jackson, Wyoming (Old West Tour); Rawlins, Wyoming, to Pueblo, Colorado (Rockies Tour); Pueblo, Colorado, to Newton, Kansas (Great Plains Tour); Ste. Genevieve, Missouri, to Berea, Kentucky (Bluegrass Tour); Yorktown to Radford, Virginia (Colonial Virginia Tour).

**Fifteen days**—Newton, Kansas, to Carbondale, Illinois (Ozark Tour).

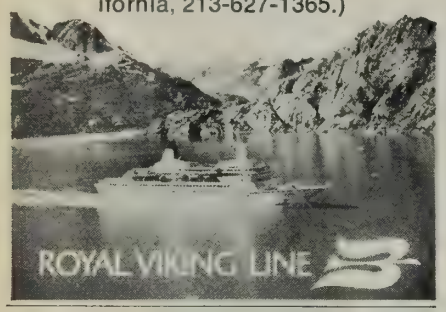
**Twenty-one days**—Reedsport, Oregon, to Missoula, Montana (Chieftain Tour); Yorktown, Virginia, to Berea, Kentucky (Appalachian-Piedmont Tour).

**Thirty-one days**—Yorktown, Virginia, to Ste. Genevieve, Missouri (Opening Frontier Tour).



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**Forty-five days**—Yorktown, Virginia, or Astoria, Oregon, to Pueblo, Colorado (Golden Spoke Specials).

Hardiest cyclists will devote 82 days to the king of the tours—the summer-long crossing from Reedsport, Oregon, to Yorktown, Virginia. You can begin this trip on the East or West Coast, because like all the tours it will be run from both directions. Groups leave on the Trans-America Tour daily May 16 through June 16.

### Costs and services

The price of each trip ($100 to $920) depends on its length and the services and accommodations you want. But each package price includes: overnights, three meals a day, maps and a guidebook, expenses for leaders traveling with the groups, personal accident/sickness insurance, shuttle transportation as required, and a recognition certificate.

The 12- and 15-day jaunts cost between $100 and $200; the 21-day tours range from $180 to $290; 31- and 35-day excursions, $240 to $455; and 45-day trips, $330 to $525.

Three different types of tour services are offered:

**Full Service.** On these tours, you'll stay overnight in Bike-Inns, which might be schools, community halls, hotels, or youth hostels. You'll eat breakfast and dinner in local restaurants or with community groups, and your personal equipment will be shuttled to the next overnight stop.

**Bike-Inn.** The only difference between Bike-Inn and Full Service is that the former has no equipment shuttle. You'll have to carry personal gear on your bike.

**Camping.** Here you'll need your own tent for camping in primitive areas. Each group prepares its own meals, and everyone helps haul the cooking gear.

The Trans-America Tour carries a $920 price tag for the Bike-Inn service, or $580 if you elect to camp along the way. There's no Full Service option on this trip.

All the tours have been designed with beginning to intermediate cyclists in mind. Though the tours vary in length, during an average day of pedaling (five to eight hours) you'll probably cover 50 to 65 miles. Periodic rest days are scheduled. Tours also include an orientation day at the trail head.

### Rules and reservations

For legal and insurance purposes, cyclists age 20 and under need a parent or guardian release; 16-year-olds must provide personal references; and youngsters 15 and under must be accompanied by a responsible parent or guardian. Every cyclist must submit a health report from a qualified physician.

Tour groups are limited to eight to 12 people, plus a trained leader provided by Bikecentennial. Only three friends may travel together on the same tour. If more want to go, special tour groups can be arranged, such as family groups or motel-hotel groups. You can even travel alone as an "independent."

Since all trips are booked on a first-come, first-served basis, it's important to register early. You can get an application and full information from Donna Norris, Bikecentennial, P.O. Box 1034, Missoula, Montana 59801. Be sure to include a stamped, self-addressed business envelope. ■


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# ORT-CUT EET LLS

t to serve a special yeast breakfast or brunch, but e time for the kneading ing steps? Follow along s and you can have the of rolls on the table in 30 s!

Dieter



**UTTERED RUM ROLLS**

*baking, place muffin pan l-covered baking sheet to ny caramel sauce that may er––*

**packed brown sugar**
**spoons all-purpose flour**
**espoons butter or garine**
**spoons milk**
**spoon rum extract**
**ince tube refrigerator scent rolls**
**espoon butter or garine, melted**
**packed brown sugar**
**lespoons chopped pecans**

small saucepan, combine st ¼ cup packed brown and the flour. Add the 2 poons butter or margarine e milk. Cook, stirring con-, over medium heat till re thickens and bubbles. ve from heat and stir in xtract. Divide brown sugar re evenly among eight un-d muffin cups; set aside.

roll refrigerator crescent . Brush each triangle with e of the melted butter or rine. Combine the remain- cup packed brown sugar e chopped pecans; sprinkle roll with the nut mixture. triangles up, beginning at ort side and rolling to the Cut each roll in half cross- place both halves, cut side together in prepared muf- p. Repeat with remaining (Fill empty cups with a lit- ater to prevent scorching.) in 375° oven for 15 min- Invert rolls immediately wire rack. Makes 8 rolls. ■


# Who Dunked The Crystal Chandelier in the Cheese Omelet Mix?

BEFORE

AFTER

## We Did. To Prove Palmolive Crystal Clear Dishwasher Powder is The Problem Dissolver.

Dried-on cheese omelet mix may be harder than any dishwasher problem you've ever seen. But it's no problem for Palmolive Crystal Clear Dishwasher Powder. It has more active spot-fighting chlorine than any leading brand. Dishes and glasses come out sparkling clean and clear.

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T-379 **STORE COUPON** T-379

Save 10¢

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# Check survivor's benefits after a family death

When someone close to you dies, it's understandable that you may overlook certain benefits you're entitled to as survivor. But the oversight can be major. In fact, a senior trust officer at a St. Louis bank figures survivors overlook millions—maybe billions—of dollars in legitimate benefits after a death in the family. Many other financial experts agree. Consider these examples:

- Just recently, a 53-year-old widow in Baltimore learned that she not only would recover the two payments she'd made on her late husband's new car, but that credit life insurance would take care of the rest.
- In Irving, Texas, a bank officer squeezed $5,000 out of an insurance policy for a young widow who thought the policy had lapsed years before.
- A Chicago widow of a 38-year-old businessman who died of a heart attack worried about supporting four children until a friend reminded her to talk with the Social Security Administration. All of a sudden she began receiving monthly social security checks for the four children.
- An Athens, Texas, bank suggested a dentist's heirs go through canceled checks in search of any premiums he might have paid to insurance companies for which the family could find no policies. Investigation uncovered two policies worth more than $12,000.

Unfortunately, such benefits are frequently ignored because survivors simply aren't aware of them. Death is bad enough for the family to bear. It's even worse when the individuals unknowingly get shortchanged of legitimate benefits from sources as diverse as life insurance, social security, the Veterans Administration, profit-sharing plans, civil service, railway retirement, workmen's compensation, teacher benefits, pension plans, and credit life insurance.

The need for guidance is so great, in fact, that more than 100 full-service banks in Texas, Louisiana, Mississippi, and New Mexico recently began offering a unique new convenience called "Survivor's Optional Service." At no cost or obligation, specially trained bank personnel help families file claims and obtain specific information.

In just over a year, the banks offering this service have helped survivors come up with millions of dollars they wouldn't otherwise have known about. While banks throughout the country don't offer the service—not yet anyway—you can develop a checklist of your own. Among other things, explore the following possibilities:

*Life insurance.* Contact companies on all policies on hand. Policies on which payments haven't been made for several years may also have cash value. Review the deceased's check stubs for three previous years in search of insurance payments you might not know about.

*Fraternal groups.* Contact all social, professional, and fraternal groups to which the deceased belonged, even if his membership has lapsed. A group insurance policy might exist.

*Social security.* Contact the Social Security Administration to see about benefits for survivors, including minor children. There also may be money to cover part of burial costs.

*Veterans Administration.* In the case of a service veteran, VA may pay part of burial costs and furnish a grave marker.

*Savings.* Look for savings accounts, and savings certificates and certificates of deposit.

*Safe deposit box.* Ask about the contents and any refund of safe deposit rental.

*Checking accounts.* Make certain there isn't an extra checking account you don't know about.

*Securities.* Explore all brokerage accounts. Look for stock certificates in safe deposit box, home record file, desks, and office. Review check stubs for payment to brokerage firms.

*Real estate.* Review the number of parcels owned and their value. Look into the possibility that there is some out-of-state property you weren't aware of.

*Business interests.* Check out the salary due the deceased, plus pension or profit-sharing plans to which survivors are entitled.

*Accounts receivable.* Track down debtors' names, addresses, amounts owed. Also look into any notes and interest owed to the deceased.

*Credit insurance.* See if there's credit life insurance covering car payments and big-ticket installment items like color television, to pay off the balance. Also see if there's credit insurance on personal loans.

*Accidental death.* With the help of a lawyer, at least consider some legal action in case of accidental death. ■



*For Mother's Day or Father's Day, give them a Sunbeam Professionaire Blower/Styler. Selected for use by the U.S. Olympic Team. 1000 watts. 4 heat settings.*

# Sunbeam. For gifts that make everyone look good.

Dad, Mom, the Graduate, *everyone* looks good when you give them one of these fine gifts from Sunbeam. The high-speed dryer/stylers dry hair in a jiffy. And their handy attachments style and shape the right look. The exciting Sunbeam Dial-A-Style Curler/Styler actually lets you change hairdos just by turning the dial. And the classic bonnet-type hair dryer provides ample room for even the largest rollers.

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This year, give a gift from Sunbeam. Prospects for a lot of happy "Thank yous" never looked better.




*For graduation, give him or her a Sunbeam Power Plus Hair Dryer/Styler. High-speed blower for fast drying. 900 watts. Separate handle plus 3 attachments for expert styling.*



*For your anniversary, give her a Sunbeam Flair Hair Dryer. Large bonnet slips over full head of jumbo rollers. 4 heat settings. Whole works tucks away inside case.*




*For the June bride, give her Sunbeam's Dial-A-Style Curler/Styler. Just turn dial for small, medium, or large curls. Controlled heat, push-button mist, non-twist cord.*




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# A 5-minute guide to potting soils.

## From Black Magic®– the folks who put the first and best into a bag!

### Light is right!

Some potting mixes seem to offer you more weight, at a lower price. Be careful! Mixes made with heavy soils and sand are less expensive, but they're not Black Magic!

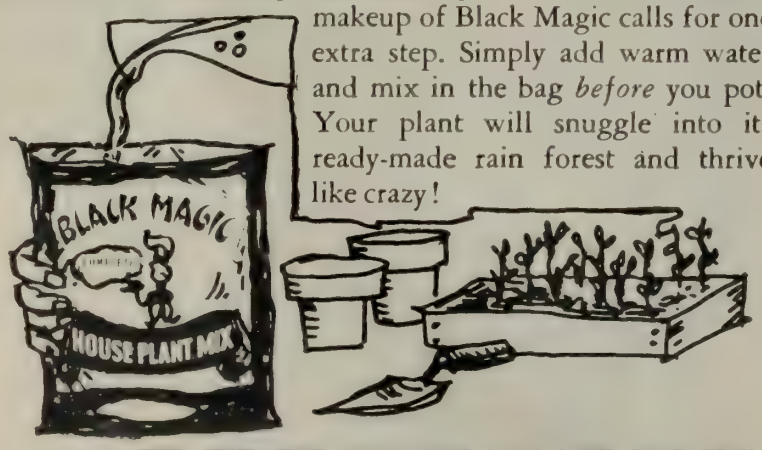
Black Magic is a *light soil substitute*. It duplicates Nature's own habitat. Our House Plant Mix, for example, is laced with peat moss, peat humus, forest humus, charcoal humusite, perlite and "Aqua Sorb". It's an ideal blend that *breathes*, parcels out moisture evenly, never cakes or sours, and grows strong, healthy plants.



Our advice? The bag with less heft will give your plants more lift!

### Two easy steps.

Top quality and "instant" never mix! Yes, there are mixes available which you can dump right into a pot. But the rich organic makeup of Black Magic calls for one extra step. Simply add warm water and mix in the bag *before* you pot. Your plant will snuggle into its ready-made rain forest and thrive like crazy!




### Brand new. Special mixes for Cactus and Ferns.

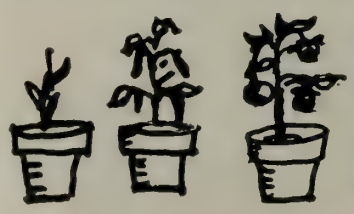
Cactus and succulents like an alkaline, fast-draining soil. So our new Cactus Mix combines forest by-products with extra lime and Vermiculite in a very desert-like medium. Drain fast, dries uniformly.

Ferns are happiest in a light, acid soil that's kind to their delicate root systems. So we formulated this special new Fern Mix with a low pH. Ferns thrive in it — especially with a touch of Black Magic Fish Emulsion!



### Get growing! With our new Vegetable Starter Formula.

We put our 30 years of expertise to work and came up with a foolproof Vegetable Starter Formula. It guarantees better germination from your seed investment. Easy to use, indoors or out. It's light, aerates and distributes moisture evenly. Just plant your seeds and stand back!






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# Get the most from spring bulbs

hen you planted your tulip daffodil bulbs last fall, com- ly formed blossoms were d deep in their hearts, assur- ou of flowers this spring. To blossoms from these same s and their offspring in years me, you must give them just le extra attention.

**bulbs are just emerging,** tablespoonful of bone meal the soil around each shoot. r in well so the plants can kly benefit from the mild ing of phosphorus and ni- n. Then sit back and enjoy pring show of blossoms.

you must cut flowers from display beds, take as little ge as possible—the foliage ls up the strength of the bulb next year's blooms. If you the space, plant bulbs in a ng garden or the vegetable- en area for cutting.

his is an ideal time to mark beds so you can tell where bulbs are planted after the ge is removed. Drive short, -square stakes almost flush the soil surface at front cen- f each cluster of bulbs. This ker can save you from dig- into them during the sum- and fall when foliage is gone.

**late spring** you'll want to rplant the bulb areas with an- ls for summer color. To make e, you'll have to do some- g with the old foliage. Never it off before it starts to yellow. ulip foliage is seldom a prob- , but daffodil leaves sprawl r large areas of the bed and green until early summer. er gather handfuls of the age and braid into a topknot, fold over as many leaves as can gather in one hand secure with a rubber band. n plant your annuals. It's best se annuals that don't require vy feeding or constant mois- during the summer. Mari- ls and zinnias are ideal.

s soon as the foliage shows s of drying, cut it off. Don't it off. Naturalized bulbs pose roblem when grass grows tall the foliage. Just mow around clumps of leaves for a few ks—the spring show of blos- s is worth this extra effort.

**During the summer,** the bulbs are dormant and require no attention. If the bulbs are naturalized or growing in areas outside of flower beds, water the areas during extended dry spells so the bulbs don't dehydrate.

**In the fall,** daffodils put out their first roots in preparation for next spring's growth, so this is a good time to give them, and other types of spring bulbs, another feeding of bone meal. And, of course, fall is the time to plant more bulbs to enlarge your collection and to make the following spring even more enjoyable. ■


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Connie Stevens




**ISOTOX* Insect Spray**
Broad spectrum garden insecticide. Kills many chewing and sucking insects on plant foliage. Apply with ORTHO Lawn Sprayer.
Pint bottle. Reg. 4.69 **only 3.98**




**TRIOX* Vegetation Killer**
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Controls Japanese beetles, gypsy moth larvae, bagworms and many other insects. Mixes readily with water. Pint bottle.
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**3-Way Rose & Flower Care.**
1) Systemic insecticide kills certain sucking insects; 2) Pre-emergence herbicide prevents weeds and grasses; 3) 8-12-14 fertilizer feeds the roses, flowers and shrubs. Easy-to-use granules.
5½-lb. canister. Reg. 6.49 **only 5.49**




**ORTHO* Pruning Paint**
Easy-to-use aerosol gives protective seal for pruned, grafted or damaged trees, roses, shrubs. Waterproofs planter boxes, wooden tubs.
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**only 1.98**




**WEED-B-GON***
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Designed so you can apply accurately diluted insecticide, fungicide, weed killer and fertilizer mixtures with scientific accuracy. Works on water pressure from your garden hose. Swivel hose connector and strainer. Shatter-proof sprayer jar has foliage and soil scales with ounce and gallon graduations.
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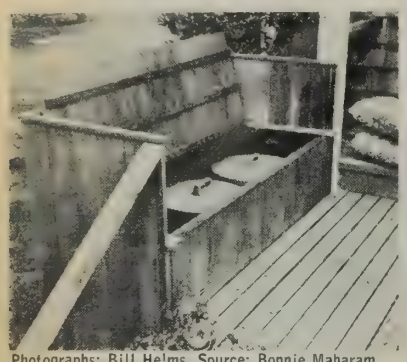
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Sale prices effective at participating stores through 5/31/76. Check your Yellow Pages for your nearest Ace Hardware Store.
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# 2 THINGS THAT MAKE A DECK SPECIAL

When is a deck more than a deck? When it's ingeniously planned for extra function. Here are two such decks with special features for seating, storage, and just plain fun.



Photographs: Bill Helms. Source: Bonnie Maharam

This redwood deck addition cleverly answers two outdoor living needs by providing a comfortable seating area and a neat enclosure for trash cans.

At deck (and house) level, the bench seat lifts easily for access to the trash cans. At ground level, two doors open so the cans can be removed on collection day. The cans sit on a raised platform to keep them away from ground moisture.



Photographs: Ernest Braun. Source: Helen Heitkamp

Designed to hold a coiled hose and sprinklers, this trapdoor is barely visible when closed because it matches up with the 2x4-inch decking. A lip of 2x4s mounted to the underside of the deck holds the door flush with the other decking.

A one-inch hole in the 24x20-inch door holds a knotted rope handle, and a length of pipe stored inside props the door open.

The hose and other equipment actually rest on the ground underneath this deck; they're easy to reach, because the deck is only one foot off the ground. If your deck is higher, you can build a box to store your outdoor equipment within easy reach. ■



# *Barbara Swain talks about creative budgeting and canned cling peaches.*



*Barbara Swain*
*Home Economist*

***Spring Salad Bowl:*** (left)
Layer canned cling peach slices, canned cut green beans, red onion rings and cherry tomatoes in salad bowl. Add grated Parmesan cheese to basic oil and vinegar dressing and pour over top. Toss to serve.

***Herb Baked Chicken and Peaches:*** (center)
Combine 2 tsp. tarragon leaves with 4 Tbsp. melted butter. Place roasting chicken in baking pan and brush with herb butter. Roast chicken, basting every 20 min. About 10 min. before chicken is done, place one can (29 oz.) cling peach halves, drained, in baking pan with chicken and drizzle with remaining herb butter.

***Spring Salad Toss:*** (right)
Wash and separate spinach leaves. Combine in salad bowl with drained canned cling peach slices, cubed cooked chicken and sliced green onion. Drizzle with bottled Italian dressing and toss.

Cling Peach Advisory Board

When the weather gets warmer, appetites get naller, says Barbara Swain, cost-cautious home conomist. Take advantage with crisp spring salads. hey're almost a meal in themselves, perfect for nch, brunch, even dinner with crusty French read and iced beverages. The secret here is anned cling peaches. Extra eye appeal. Extra avor. The same applies to good old reliable, every-ody-loves-it chicken. Smothered with herb butter, weetened with canned cling peaches and turned nto a round of applause for the cook. Cut costs ith lighter meals and smaller amounts, says arbara, but *please,* don't skimp on creativity!



FAMILY MONEY MANAGEMENT®

# What is your net worth today?

Your net worth is the difference between your assets and your liabilities. By knowing your net worth, you can see how savings and investment programs are (or are not) progressing, how your insurance needs may be changing, how estate planning requirements may alter.

To get an approximate idea of your net worth, first add up your **assets:** Start with cash on hand, such as money in checking and savings accounts, current cash values on life insurance, U.S. savings bonds. Then take a stab at determining the present market value of your equities—what you could get today if you sold your home, securities, business interests, and the like. Finally, add in the approximate on-sale value of miscellaneous assets, such as your car and household furnishings.

Then figure your present **liabilities:** Make a total of your mortgage balance, life insurance loans, time payments on installment plans, personal and other loans, unpaid bills, including charge accounts and credit card accounts, taxes due, and so forth.

Here's a fill-in chart to help:

**ASSETS**

| | |
|---|---|
| Cash on hand | _____ |
| Checking account | _____ |
| Savings account | _____ |
| Life insurance cash value | _____ |
| Annuities | _____ |
| Retirement funds | _____ |
| Savings bonds | _____ |
| Other assets | _____ |
| Total | $ |

**LIABILITIES**

| | |
|---|---|
| Mortgage balance | _____ |
| Life insurance loans | _____ |
| Installment plans | _____ |
| Personal loans | _____ |
| Unpaid bills | _____ |
| Charge account | _____ |
| Credit card accounts | _____ |
| Other liabilities | _____ |
| Taxes | _____ |
| Total | $ |

**NET WORTH**

| | |
|---|---|
| Assets | _____ |
| Liabilities | –_____ |
| Net worth | _____ |

Keep an annual tally on the figure to see how your financial plans are going. ■

# Silverplate Flower Pot and glass liner— a $12.50 value for only $7.75.

Plus $1.25 for postage and handling.



Flower pot diameter 3¾". height 3".

Not the garden-variety flower pot, this charming little one is beautifully crafted in rich, gleaming silverplate, and it's very versatile. Use it as a planter, or as a vase for fresh or dried flowers, or as a server for candies and nuts. The protective clear glass liner can be used as a separate vase.

The Lenox Heritage Gift flower pot is a $12.50 value, but we're offering it by mail for only $7.75 plus $1.25 for postage and handling. You'll want several at this special price —for yourself and for gifts.

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Please send me_____silverplate flower pot(s) with liner(s) at $7.75 each, plus $1.25 per set for postage and handling. I enclose a check or Money Order for $_____.

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Offer good in U.S.A. except where restricted, or prohibited by law. Offer expires December 31, 1976.


# Start with tortillas

A package of frozen corn tortillas in your freezer could be the beginning of two new supper ideas. Or, you might serve a steaming stack of the tortillas instead of bread for a meal accompaniment. Top them with an inverted plate to keep them hot, then spread them generously with butter or margarine.

**POLLO FLAUTA**

**3 tablespoons butter or margarine**
**¼ cup all-purpose flour**
**¼ teaspoon salt**
**1 cup chicken broth**
**1 tablespoon snipped parsley**
**1 tablespoon lemon juice**
**1 teaspoon grated onion**
**Dash paprika**
**Dash ground nutmeg**
**1½ cups finely diced cooked chicken**
**24 frozen corn tortillas, thawed**

• • •

**2 ripe medium avocados**
**½ cup dairy sour cream**
**1 teaspoon lime juice**
**¼ teaspoon onion salt**
**10 drops bottled hot pepper sauce**

In saucepan, melt butter or margarine; blend in flour and salt. Add chicken broth. Cook and stir till mixture thickens. Add parsley, lemon juice, onion, paprika, nutmeg, and a dash pepper. Stir in chicken; cool slightly. Place about 1 tablespoon chicken mixture on each tortilla. Roll up very tightly, securing with wooden picks. Fry in deep hot fat (350°) for 1 to 2 minutes. Spoon on *Avocado Sauce:* Remove pits and pare avocados. In bowl, mash avocado; stir in sour cream, lime juice, onion salt, and bottled hot pepper sauce till smooth. Makes 4 to 6 servings.

**GREEN ENCHILADAS**

**12 frozen corn tortillas, thawed**
**½ cup cooking oil**
**2 cups (8 ounces) shredded monterey jack cheese**
**¾ cup chopped onion**
**4 tablespoons butter or margarine**
**¼ cup all-purpose flour**
**2 cups chicken broth**
**1 cup dairy sour cream**
**1 4-ounce can jalapeno peppers, seeded and chopped**

• • •

**1 medium tomato, finely chopped**
**½ cup finely chopped onion**
**2 finely chopped jalapeno peppers with seeds**
**¼ cup tomato juice**

In skillet, cook tortillas one at a time in hot oil for 15 seconds on each side. (Do not overcook or they won't roll.) Place 2 tablespoons shredded cheese and 1 tablespoon chopped onion on each tortilla; roll up. Place, seam side down, in 11x7½x1½-inch baking dish. In saucepan, melt butter or margarine; blend in flour. Add chicken broth all at once; cook and stir till mixture thickens and bubbles. Stir in sour cream and the 4-ounce can of peppers; heat through but do not boil. Pour over tortillas in baking dish. Bake in 425° oven for 20 minutes. Sprinkle remaining cheese atop; return to oven for 5 minutes more or till cheese melts. Serve with *Spicy Pepper Sauce:* In mixing bowl combine finely chopped tomato, onion, remaining jalapeno peppers, tomato juice, and ½ teaspoon salt. Makes 6 servings.

Photographs: Dieter





® Dole—Reg. T.M. Castle & Cooke, Inc.

CASTLE & COOKE, INC.

Dole PINEAPPLE

# KRAFT SALAD DAYS ARE HERE.

**Celebrate the tropical sweetness of delicious DOLE fresh pineapple in a hearty salad sparked with the spicy-sweet flavor of KRAFT Catalina dressing.**

## HAM & PINEAPPLE SALAD

*1 DOLE fresh pineapple*
*2 cups ham, cut in strips*
*1 cup celery slices*
*¼ cup green onion slices*
*1 qt. torn assorted greens*
*KRAFT Catalina French Dressing*

Cut pineapple in half lengthwise through crown. Remove fruit leaving shells intact. Core and chunk fruit; toss lightly with ham, celery, green onion and greens. Spoon into pineapple shells. Serve with dressing. 2 servings

**CELEBRATE THE DOLE® FRESH PINEAPPLE**



# Tole craft for the table

With a tiny outlay of time and cash, you can tool all sorts of tole-like containers. Tole—a kind of lacquered or enameled metalware—had its heyday in the 18th century. Our version is something else. You start with small metal objects from the variety store—cover them with a high-gloss black spray, then paint on simple motifs in brilliant, fast-drying acrylic paints.



Photographs: Hopkins

**Preserve the pecking order** o over-scale tin funnel. Afte funnel is painted black, s the designs with chalk or ons. Paint from top to bo Cut a hole halfway throug center of a cork and insert fu



**A garden-variety watering ca** comes an intriguing cont with the tole treatment. Sv festoons, and abstract flower good choices for this kind of orating. Fast-drying paints, r it easy to work in the shadin the designs. And even if make a mistake, it doesn't ma



**To deck a charming table,** fas a novel centerpiece from a small funnels, and fruit j cans. To turn the two juice tainers into candle holders, off top of each can, remove f section (leaving an inch at top bottom), and glue a funnel tc top rim. After painting the black, decorate with a styl wheat pattern.


# How To Slice Yourself In On The Flavor Of Hawaii.

In the lush tropical climate of Hawaii Dole grows sweet, flavorful pineapples. And to help you get in on that tropical taste, Dole is offering you a contoured pineapple knife. It's specially designed to scoop every sweet, succulent bit of Dole fresh pineapple out of the shell.

But that's only the start.

To spark your creativity, we'll also include our "Flavor of the Tropics" folder, full of exotic, colorful, easy-to-prepare fresh pineapple recipes.

Just send in one dollar and the coupon below and in about 5 weeks, you'll have a brand new pineapple knife and lots of great ways to use it.

We think it's a pretty sharp offer.

**If it says Dole, it's ripe and ready to eat.**

Dole PINEAPPLE

**I know a good offer when I see one. Send me a Dole pineapple knife!**

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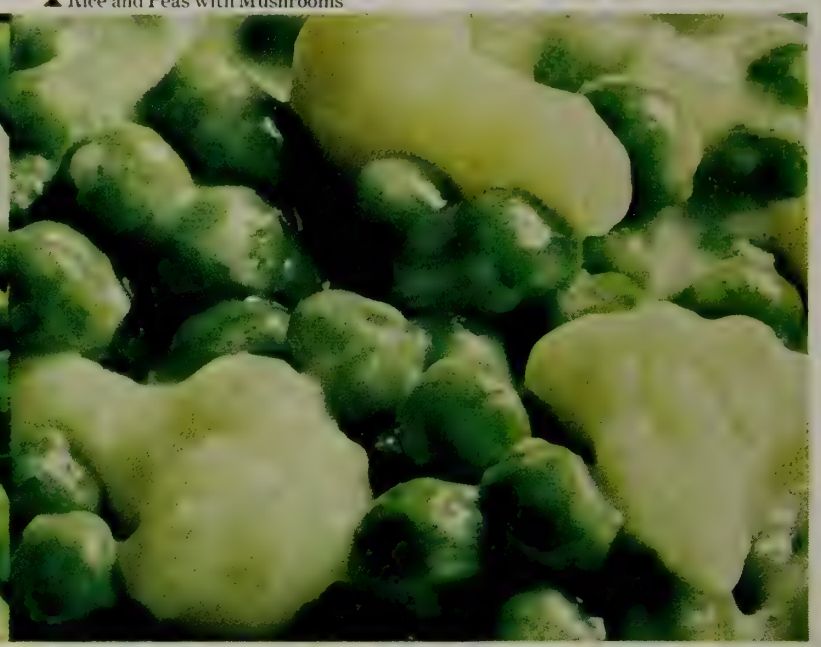
▲ Peas and Potatoes with Cream Sauce



▲ Rice and Peas with Mushrooms



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**Birds Eye® peas will do almost anything to get your husband's attention.**

Poor little peas.

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BIRDS EYE **Birds Eye® Combinations.**

**The first vegetables your husband might even notice.**

Above photographs are approx. 2 times actual size.


# How to mak beef jerky



Photographs:

These dry, chewy beef strips a great snack for outdoors and indoorsmen alike. C jerky along on a hike for mu ing—or crumble it and us you would crisp bacon bits, f salad garnish or for season

**BEEF JERKY**

**1 pound top round steak**
**Salt**
**Pepper**
**Liquid smoke**

Remove and discard all Freeze round steak till icy.



in very thin strips, cutting *ac* the meat grain for crisp j and *with* the grain for ch jerky. Place beef strips in or crock in ½-inch-thick la Sprinkle with salt, pepper, liquid smoke. Repeat layers all beef is used. Weight d meat with plate or heavy ob cover and refrigerate overni Drain and pat strips dry paper toweling. Arrange s on rack in shallow baking



Bake in 250° oven for 3½ hours, till of desired dry Cool. Store in airtight pl bags or jar with tight-fitting in the refrigerator or at room temperature until u Makes 8 to 9 ounces jerky.



Phil Lehr, gourmet cook and owner of Phil Lehr's Steakery at the Hilton, downtown San Francisco.

# O'Keefe & Merritt's built-in browner changed my mind about Microwave cooking."

used a Microwave Oven years. There's nothing like r saving time, or giving etables a fresher flavor. I never trusted a Microwave my delicate recipes. Until O'Keefe & Merritt people ed me to use their new one. The built-in browner de all the difference in the ld. It let me cook dishes dn't think were possible Microwave. Like my k à L'Orange. Without a t-in browner, I couldn't have gotten it browned the way it has to be. And all I did was press a button.

This O'Keefe & Merritt also let me choose the type of cooking I needed. By turning a dial, I could roast, bake, stew, simmer, even defrost. So everything — from souffles to casseroles — came out the way I expected. With no surprises.

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Free offer! For a recipe folder including Phil Lehr's Duck à L'Orange, see any of the O'Keefe & Merritt dealers listed on this page.

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## Bottled centerpieces

**Individual cranberry juice bottles,** filled with shiny chips used for the aquarium, hold hydrangea blooms and hemerocallis (day-lily) foliage. To duplicate arrangement at the right, fill the bottle with stones and water, bend five hemerocallis leaves into triangles, and place ends in the bottle. Then front the foliage with a flower. Arrange the other two bottles in a like manner.



Photographs: Hopkins

**Copies of antique bottles** from authentic molds are available at grocery and v stores. We filled our bottles old-fashioned white garde tunias. When working with tainers of the same height vate one of them on a stan formal tableware such as the let and hexagonal plate add cottage look.



**Refurbished condiment b** hold single crossed stalks o low hemerocallis with their foliage. Bottles like these be colorful vases when you strips and panels of red, ye blue, and black self-stick tape. To unify the arrange we placed the bottles and a of candlesticks on an oval lacquer tray.




# Invite The DeKuypers over for tennis next week. They mix so well.

The DeKuypers mix delightfully in any crowd. In a tradition of quality that goes back to 17th-century Holland, these 33 premium liqueurs are made with choice ingredients, so each can make a partyful of delicious drinks. (Below, five tasty examples.) Bring on The DeKuypers—The DeKuyper Liqueurs—night or day.

**Tall Margarita**
1½ oz. Triple Sec
1½ oz. Tequila
Fill with lemonade in tall glass.

**Big Bertha**
1½ oz. Blackberry Flavored Brandy, ginger ale over ice in 8-oz. glass.

**Black and Blue**
1½ oz. Blackberry Flavored Brandy. Club soda and ice. Serve in "rock" glass with wedge of lemon.

**Big Apple**
2 oz. Triple Sec
Serve with apple juice in tall glass over ice. Garnish with a wedge of lime.

**Blackberry Fruit Cup**
1½ oz. Blackberry Flavored Brandy. Orange juice over ice in 8-oz. glass with twist of lemon.

# The DeLicious, DeLightful DeKuypers.

Triple Sec, 60 and 80 Proof. Blackberry Flavored Brandy, 70 Proof. Products of U.S.A. John de Kuyper & Son, New York, N.Y.

# How to dress up a dormer

let dormers get you ! Challenge those irregu- s—angled side walls and d ceiling—and create a individual look. You can the entire alcove in a print (but not an over- l pattern) and hang cafe ns in a matching fabric. e space below the sill with in shelves, or an unfinished you paint yourself.



our dormer has an arched ing, accent the curved ef- with Priscilla curtains. Top a ruffled valance and in- on eyelet rodding especial- designed for odd-shaped ows such as sketched.

adapt this sheer look to onventional-shape dormer, organdy curtains on side as well as over window. back curtains at sill and a patterned window shade atch window-seat cover.



oor space is limited and you t need the dormer window light, place bed in alcove create a canopy treatment. r fabric on rods to match paper and trim short valance ball fringe.

or contrast, paint dormer a l color, picked up from wall- er pattern on the other walls, hang traverse draperies to ch.


Good old-fashioned Dole pineapple in syrup ...the sweeter kind. Been around for over 70 years making those easy desserts and salads taste just that much better.

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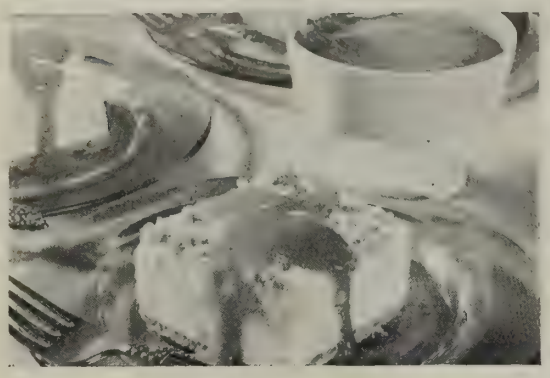
Dole

Sliced Pineapple

IN HEAVY SYRUP

ISN'T IT NICE TO KNOW SOME THINGS NEVER CHANGE.

# Canned pineapple treats



**STRAWBERRY-SAUCED FROZEN PINEAPPLE CUSTARD**

- **1½ cups vanilla wafer crumbs (33 wafers)**
- **4 tablespoons butter or margarine, melted**
- **3 slightly beaten egg yolks**
- **1 8-ounce can crushed pineapple packed in its own juice**
- **½ cup sugar**
- **2 tablespoons lemon juice**
- **⅛ teaspoon salt**
- **3 egg whites**
- **2 tablespoons sugar**
- **1 cup whipping cream**
- **1 10-ounce package frozen strawberries, thawed**
- **1 tablespoon cornstarch**
- **½ cup water**

Combine wafer crumbs and butter or margarine. Reserve ½ cup; press remaining crumbs in bottom of 10x6x2-inch baking dish. In saucepan, combine egg yolks, *undrained* pineapple, the ½ cup sugar, lemon juice, and salt. Cook and stir over low heat till mixture thickens slightly and bubbles. Cover surface with clear plastic wrap or waxed paper; cool. Beat egg whites with electric mixer till soft peaks form (tips curl over); gradually add the 2 tablespoons sugar, beating to stiff peaks (tips stand straight). Whip cream to soft peaks. Fold egg whites and whipped cream into egg yolk mixture. Pour into crumb crust. Sprinkle with reserved crumbs. Cover and freeze. Cut in squares and serve with *Strawberry Sauce:* In small saucepan, crush strawberries; blend in cornstarch. Add water. Cook and stir till bubbly. Cook 1 minute. Strain; chill. Makes 8 servings.

Photographs: Dieter



**PINEAPPLE LEMON UPSIDE-DOWN MUFFINS**

- **½ cup packed brown sugar**
- **1 teaspoon grated lemon peel**
- **⅛ teaspoon ground nutmeg**
- **3 tablespoons butter or margarine, melted**
- **1 8¾-ounce can pineapple tidbits, drained**
- **8 maraschino cherries, halved**
- **2 cups all-purpose flour**
- **¼ cup granulated sugar**
- **3 teaspoons baking powder**
- **½ teaspoon salt**
- **⅛ teaspoon ground nutmeg**
- **1 beaten egg**
- **1 cup milk**
- **3 tablespoons cooking oil**

Combine brown sugar, lemon peel, the first ⅛ teaspoon nutmeg, and the melted butter or margarine. Divide mixture evenly among 16 greased 2½-inch muffin cups. Arrange a few pineapple tidbits and a cherry half in bottom of each cup. In mixing bowl, thoroughly stir together flour, granulated sugar, baking powder, salt, and the remaining nutmeg; make well in center. Combine egg, milk, and oil. Add all at once to dry ingredients. Stir quickly just till dry ingredients are moistened. Spoon into prepared muffin cups. Bake in 400° oven 18 to 20 minutes or till done. Immediately invert muffins onto wire rack. Makes 16 muffins.


# Give salads a zesty taste!

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## How to turn the taco you like into a taco you'll love.

Our little secret — Just add tangy, tender Ortega® Green Chiles. Whether you use them in your recipe or in ours, they really perk up the flavor of ground beef.

Put them in the filling or spoon them on as a garnish. With Ortega Chiles, you'll have a taco that's so tasty, so full of flavor you'll never make a taco the old way again!

ZESTY BEEF TACO FILLING

- 1 lb. ground beef
- 2 cans (4 oz.) Ortega Diced Green Chiles
- ¼ cup chopped onion
- 1 medium clove garlic, minced
- 1 can (8 oz.) tomato sauce
- ¼ teaspoon *each* ground cumin, coriander, and salt.

Brown beef in medium skillet, stirring until crumbly. Drain. Stir in remaining ingredients. Simmer uncovered, 10 minutes or until desired consistency. Makes filling for 12 taco shells.




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# Two moods of dining



Photographs: Hedrich-Blessing. Designer: Albert McCurdy, Shillito's. Source: Pat Me

Here the dining area is keyed to the medieval mood of library/den. The rugged trestle table, appropriately set wit pewter, can also be converted to a game table or man-siz desk. Banner draperies and crushed velvet chair upholster hint at kingly luxury along with a fur-like area rug. Lon contemporary touch: wet-look vinyl stool cushions.



Designer: James Hall Jones, A.I.A. Source: Pat Merti

Barn siding and natural stone give a rustic flavor to this dining end of a living room. Maintaining good rapport with the background are bentwood chairs, brightened with colorful seat covers, and an old wooden table waxed with shoe polish to darken its surface. A wall-hung buffet acts as a server during meals, and showcases art and choice collector pieces at other times. Unexpected accessories: paper Roman shades and a contemporary lighting fixture.

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These tours are just right for those who dislike being regimented. However, you do have the comfort and pleasure of traveling with others who have similar interests as well as the security of knowing that everything will be taken care of properly. You simply enjoy the pleasure of your vacation and the new friends you will meet.

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Here is a superb trip to captivating Greece at a really low price. You have eight days in Athens, a city with a very special charm. Your inland tour covers Epidaurus, Mycenae, Patras, Gulf of Corinth and Delphi. Then you relax for four days in a resort hotel on the Apollo Coast. Optional 4-day Aegean Cruise also available at extra cost.

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*Better Homes and Gardens acts as agent for ETSIA on the England, Scotland and Wales program, W.T.I. Group Tours on the Greece, Switzerland, Italy and Austria programs and AITS on the Spain program.*



Photograph: de Gennaro. Interior designer: Stephen Rieman. Source: Pauline Graves

# Shelves to suit your space

**Above:** A wall-spanning shelf unit adds design interest and storage space to one end of this living room. Shelf uprights are 2x3s shaped like inverted L's and secured to the wall at ceiling level. Adjustable shelf standards then fasten to the back of each upright. The shelves of ¾-inch plywood with 1x2 facings are supported by metal brackets that fit into adjustable standards. Identical cabinets, one for storage and the other for a television set, were built to fit between the shelf uprights, then fastened from the inside. High-gloss white and black paint makes a smart-looking finish.

**Center:** Do you have a collection of houseplants you'd like to display? Try arranging them on shelves as shown in this kitchen eating area. Shelves of one-inch pine fit the window opening, faced with molding along the front edges. The stained and varnished shelves were fastened to the window frame with small metal brackets. The array of greenery offers some privacy, so curtains aren't needed. For a different effect, you could substitute colored glass or sheets of acrylic plastic for the pine shelves. If you have the space, you could extend the bottom shelf and enclose it to make a window seat.

**Right:** It's easy to fit shelving to your space with easily assembled units such as these acrylic plastic shelves and polished-aluminum standards and brackets. The shelves come in three sizes: 36, 60, and 84 inch. You just buy enough units to fit the space. Or, you can make your own units with adjustable metal shelving strips and plastic. The wall shown also incorporates an extra-deep shelf for larger objects and books.



Photograph: Warren Reynolds. Source: Barbara Gorder



Photograph: Bill Helms. Interior designer: Peggy Walker


# Bigelow

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San Diego....Roark's Carp
San Rafael....Jeanne's Carpet Et
Santa Ana....Harlow Carpet
Santa Barbara....Irving Co. Carpets Un
Santa Rosa....Pederson Furnitur
South Lake Tahoe....Lake Tahoe Carpet Sale
Sun City....Magnolia Interior
Susanville....Al & Joy Robbin
Torrace....Scandia Carpet
Ventura....Peacock
Walnut Creek....Capwell
Yuba City....Dave's Floor Coverin

**Idaho**
American Falls....Davis Furnitur
Blackfoot....Peterson Furnitur
Boise....Sunset Interior
Burley....Lee's Furnitur
Coeur d' Alene....Smitty's Carpe
Idaho Falls....Dee Jenkin
Idaho Falls....Peterson Furnitur
Kellogg....Twin City Furnitur
Lewiston....Care Free Interior
Moscow....Moscow Furnitur
Nampa....Nampa Floorcoverin
Pocatello....Peterson Furnitur
Preston....U & I Furnitur
Rexburg....Thatcher's Interior
Rupert....Home Furnitur
Saint Anthony....Howard Hansen Furniture
Sand Point....Furniture Exchange
Soda Springs....Sanders Furnitur
Twin Falls....Custom Floors of Idah

**Nevada**
Elko....Bodily's Furniture
Fallon....Frazzini Furniture
Las Vegas....Imperial Carpe
Reno....Reno Furniture
Winnemucca....C. B. Brow

**Oregon**
Bend....Dicks Linoleum & Til
Coos Bay....Modern Floors
Grants Pass....Lipperts Carpets
Medford....Jim's Floorcovering
Portland....Atiyeh Bros. (all stores)
Portland....Gradwohl's House of Carpets
Portland....G. W. Paulson
Ranier....Columbia River Floorcovering
Roseburg....Modern Floros
Seaside....Bjorklund's Furniture Store

**Utah**
American Fork....Edward's & Holmstead
Brigham City....Blacker Furniture
Logan....Edward's Furniture
North Salt Lake....R & R Carpet
Ogden....Van Kampen & Sons
Orem....Nelson Paint & Glass
Price....Redmond Interiors
Provo....Granite Furniture
Roosevelt....Bett's Floor Covering
Salt Lake City....Custom Int. Des. Gallery
Salt Lake City....Barbara Jensen Int
Salt Lake City....Floor Craft Company
Salt Lake City....Harmony Floor's
Tremonton....Northern Furniture
Vernal....Carpets by Cal

**Washington**
Bellingham....Georgia-Pacific
Centralia....Keen & Howard's
Colville....Egger Furniture
Everett....Hatloe's Paint & Floor Covering
Gig Harbor....Connie Shick
Hoquiam....Ken Schoenfeld Furniture
Mount Vernon....Ray's Decor Center
Pullman....Batley's Home Furnishings
Richland....Rice's Carpetland
Seattle....Northeast Carpet Sales
Tacoma....Cartozian & Sons
Tacoma....Stebner's
Tumwater....Capital Floorcovering
Walla Walla....Garden City Carpet Center
Yakima....B & F Interiors

For additional participating dealers
CALL TOLL-FREE **ANYTIME**
800-243-6100
(In Conn. call 1-800-882-6500)

# Bigelow's making things a lot softer for you this year.

**Delightful** enchants with a subtle, marble-like play of colors.
**Delicious** captivates with a gentle, free-flowing design.
**Delovely** bewitches with its ultra-rich velvety surface.

Three new, soft beauties. Silken-soft nylon carpets that look elegant, feel luxurious, but wear tough. All saphisticated. All contemporary. All priced to make redecorating soft and easy on you. And all in a range of colors to highlight any decor.

## Still softer with this $25-off coupon.

25 25

## SAVE $25 or more

AT PARTICIPATING BIGELOW DEALERS

TERMS: This coupon is good *only* at participating Bigelow dealers and *only* on specified merchandise. Participating dealer will give you $25 off when you buy a minimum of 25 square yards of Delightful, Delicious or Delovely Bigelow carpets in any color ($50 off on a minimum of 50 sq. yds.; $75 off on a minimum of 75 sq. yds., etc.) Coupon may not be assigned or transferred and is void where prohibited, taxed, restricted by law or if reproduced without written consent of Bigelow-Sanford, Inc. Cash value 1/20¢. Good only in U.S.A. Any sales tax on the specified products must be paid by consumer. Only one coupon redeemed per purchase. Coupon expires June 15, 1976.

Bigelow®
RUGS & CARPETS SINCE 1825
AND HUTCHINSON COMPANY

25 25



# How to tell if it's a true

RIVAL CROCK-POT BRAND

## SLOW COOKER

Our name, Rival Crock-Pot, tells you you're getting the genuine original slow cooker—the one that started the new way to cook. It's the one some have tried to copy with similar names, shapes, designs.

Just the genuine Crock-Pot gives you the true secret of slow cooking: low-watt heat encircling thick stoneware, not concentrated in the bottom as with a hot plate. So you enjoy long, slow 8-to-12 hour cooking without sticking, stirring, or timing. Delicious stews, roasts, chicken, soups, vegetables—even bread and cakes. The Crock-Pot "Cooks all day while the cook's away."® For less than 4¢.

Rival makes the Crock-Pot in 2, 3, 3½, 4 and 5-quart sizes. There's one for you. Don't settle for less!




Rival's first 3½-qt. Crock-Pot is still first among all slow cookers! Millions are now in use every day.




**THIS NEW CROCK-POT FEATURES LIFT-OUT STONEWARE!**

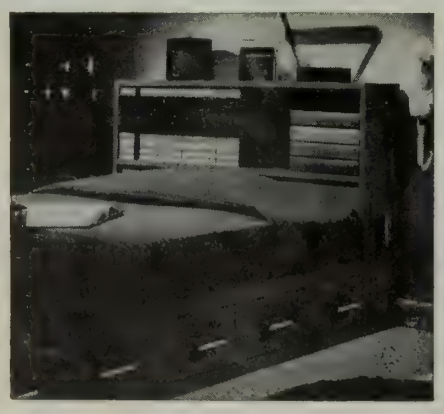
Stoneware bowl lifts out and goes to the table for serving, refrigerator for storing, or dishwasher for fast, easy cleanup. Now in 3½ and 5-quart sizes.

LIMITED WARRANTY TO CONSUMERS ★ Good Housekeeping PROMISES REPLACEMENT OR REFUND IF DEFECTIVE

***Crock-Pot Cookbooks include over 180 recipes.***

RIVAL MANUFACTURING COMPANY
Kansas City, Missouri 64129

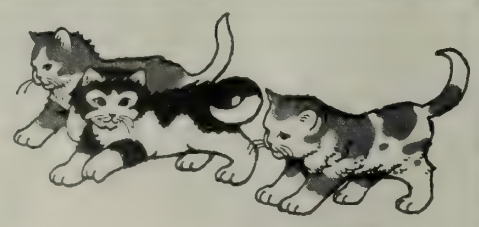
Crock-Pot is a registered trademark of Rival Manufacturing Company.

## Plans for a Bunk Bed

Here is a plan for a storage headboard bunk bed that will be a convenient delight! The bookshelf holds a complete encyclopedia with space for school books. Lower headboard holds odds and ends; drawers below store bedding. Send check for **Plan 50122, $2.50,** to Better Homes and Gardens, Dept. 2E3, Box 374, Des Moines, Iowa 50336


## Extra! Extra!



The news is that growing kittens have nutritional needs very different from adult cats. Like a baby, your kitten needs lots of protein, vitamins, minerals and energy. (He burns 2 to 3 times more energy per pound than a mature cat!) Friskies Kitten Food from Carnation gives your kitten *all* that needed nourishment.

**Save 15¢ on your next purchase by clipping the coupon on page 40.**


# Buying guide

Most of the products shown editorially in Better Homes Gardens can be obtained in leading local stores. For information, write the manufacturers listed. Some items privately owned or custom made—thus are omitted the listing.

### HEAD-START CAMP FOOD

**Page 28** (bottom right): Skillet—H. L. Reid Co., 225 5th Ave., N.Y., N.Y. 10010.

### HOW TO PAPER YOUR FLOOR WITH A STRAWBERRY PATCH

**Cover, page 30:** Paper for strawberry patch floor from "Country Morning" collection by Hallmark Cards, Inc.; paper available wherever Hallmark Products are sold. Wicker furniture—Pier I Imports, 2520 W. Freeway, Ft. Worth, Tex. 76102. Plastic planters: cylinder—Beylerian, Ltd., 503 East 72nd Street, N.Y., N.Y. 10021; cubes—J.C. Penney. Coffee service — "Octagonal," Independence Ironstone by Franciscan Table Top Fashions, Interpace Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039.

### HOW TO UNSCRAMBLE A PROBLEM KITCHEN

**Page 50** (left): Floor—Amtico Flooring Division, American Biltrite Rubber Co., Trenton, N.J. 08607. Light fixture—Halo Lighting, Inc., 4201 W. Grand Ave., Chicago, Ill. 60651. Cook top—George D. Roper Sales Corp., 2207 W. Station, Kankakee, Ill. 60901.
**Page 51** (left): Range—Peerless Stove Co., Sandusky, Ohio 44870. Flooring—E. L. Bruce Co., 1402 Thomas St., Memphis, Tenn. 38101. Chairs—The Telescope Folding Furniture Co., Granville, N.Y. 12832.
**Page 52** (left): Breakfast stools—Hank Lowenstein, Inc., Merchandise Mart, Chicago, Ill. 60654. Dishes—Heller Designs, Mamaroneck, N.Y. 10543.
**Page 52** (right) Sink—Elkay Mfg., 2700 So. 17th Ave., Broadview, Ill. 60650. Range—Crown Stove Works, 4617-27 W. 12th Pl., Cicero, Ill. 60650. Blinds—Levolor Lorentzen, 720 Monroe St., Hoboken, N.J. 07039.
**Page 52** (left): Cook top—Magic Chef, Inc., Cleveland, Tenn. 37311. Red pottery —(Import from Finland) Crate & Barrel, 1515 Sheridan Rd., Wilmette, Ill. 60091. Red cookware hanging—(LeCreuset) Schiller & Asmus, Inc., 1525 Merchandise Mart, Chicago, Ill. 60654.
**Page 53** (right): Lighting fixtures—Halo Lighting, Inc., 4201 W. Grand Ave., Chicago, Ill. 60651 and Lightolier, Inc., 346 Claremont, Jersey City, N.J. 07305. Eating tables and chairs—Directional Industries, 979 Third Ave., N.Y., N.Y. 10022. Red cookware—Dansk Designs, Ltd., Mt. Kisco, N.Y. 10549. Spiral staircase—Woodbridge Ornamental Iron Co., 2715 N. Clybourn Ave., Chicago, Ill. 60614.

### HE COOKS—CREAMY BROCCOLI AND ZUCCHINI

**Page 66** (bottom): Platter "Sunrise Yellow"—H. Wittur & Co., 1024-1026 Emerson St., Evanston, Ill. 60204. Wine glasses "Alfresco"—Franciscan Table Top Fashions, Interpace Corporation, 2901 Los Feliz Blvd., Los Angeles, Calif. 90039.

### WHAT YOU CAN DO WITH A HOUSE LIKE THIS

**Page 75:** Leather and steel chairs, sofa, glass table—Knoll International, 320 Park Ave., N.Y., N.Y. 10022. Blinds—Levolor Corp., 720 Monroe St., Hoboken, N.J. 07030. Kitchen cabinets—Benjamin Moore & Co., Chestnut Ridge Rd., Montvale, N.J. 07645. Dishes—Heller Designs, Mamaroneck, N.Y. 10543. Kitchen flooring—Kentile Floors, Inc., 979 Third Ave., N.Y., N.Y. 10022.
**Page 76:** Outdoor furniture—Knoll International (address above). Paint—Benjamin Moore & Co., Chestnut Ridge Rd., Montvale, N.J. 07645. Blinds—Levolor Corp. (address above).
**Page 77:** Pillows: Design Research, 57 Brattle St., Cambridge, Mass. 02138. Blinds—Levolor Corp. (address above). Fluorescent bulb—General Electric. 1285 Boston Ave., Bridgeport, Conn., 06602.

### MIND-OVER-MONEY DECORATING

**Page 82:** Television—Panasonic, Pa... Bldg., N.Y., N.Y. 10017. Floor l... George Kovacs, Inc., 831 Madison ... N.Y., N.Y. 10021. Photo clip-on refl... —Smith-Victor Corp., Colfax & Lak... Griffith, Ind. 46319. Rod and brac... Kirsch Company, 309 Prospect, S... Mich. 49091.
**Page 85:** Chair cushion fabric—F... macher & Co., 939 Third Ave., ... N.Y. 10022. Pillow fabric—Pierre ... 369 Bleecker St., N.Y., N.Y. ... Hanging lantern and window blind... I Imports, 2520 W. Freeway, Ft. W... Tex. 76102.
**Page 86:** Chair—Noval Manufact... 438 American Mart, 606 Lake Shor... Chicago, Ill. 60611. Table lamp—... mor/Richards, Morgenthau, Inc.,... Grand Ave., Ridgefield, N.J. 07657. ... tic cube—Creative Cubics, USS C... icals, Div. of U.S. Steel, 600 Gran... Pittsburgh, Pa. 15230.
**Page 87** (bottom left): Tureen—I... Ltd., 4688 Paddock Rd., Cincinna... 45229. (Bottom right): Industrial sh... —Sears, Roebuck and Co., Sears ... ers, Chicago, Ill. 60684. Televis... RCA, 600 N. Sherman Dr., Indiana... Ind. 46201. Canister lights—George... vacs (address above).

### HOW TO PUT TOGETHER A GET-TOGETHER

**Page 89** (top left): Wine glasses—Ri... Crisa Corporation, 1818 Leavenw... Omaha, Neb. 68102. (Top right): B... cue grill—Weber Stephen Products ... pany, 100 North Hickory Ave., Arli... Heights, Ill. 60004. Barbecue sauce... Dansk Designs, Inc., Radio Circle ... Mt. Kisco, N.Y. 10549. (Bottom ... Ice cream freezer—Richmond C... Works Manufacturing Co., 400 Bridg... Danville, Va. 24541. (Bottom ... front): Chicken platter—H. E. L... Company, Inc., Belmont Drive, Som... N.J. 08873. (Right): Bowl and ... holder—Royal Copenhagen Porc... Corp., 8 Westchester Plaza, Elms... N.Y. 10523. (Left): Muffin holder—... Papel Imports, P.O. Box 73718, 86... Mettler St., Los Angeles, Calif. 9... (Back): Ice bucket—Morgan & Comp... Inc., 300 "A" St., Boston, Mass. 0... (Front): Serving pieces—Denby, ... Paddock Road, Cincinnati, O. 4...
**Page 90** (top): Salad bowls and serv... Etco Industries, Inc., 225 5th Ave., ... N.Y. 10010. (Bottom left): Toaster ... —General Electric Co., Housew... Division, 1285 Boston Ave., Bridge... Conn. 06602.
**Page 91** (top): Rattan furniture—T... Cal, 5716 Alba St., Los Angeles, C... 90058. (Bottom left): Toaster oven—... Proctor-Silex Corp., 700 West T... Road, Philadelphia, Pa. 19120. S... tray—Dansk (address above).
**Page 92** (bottom): Brass Mongolian ... cooker)—Williams Sonoma, 438 ... Rodeo Drive, Beverly Hills, Calif. 9...
**Page 93** (center): Table—Tropi-Cal ... dress above). Wine glasses—Block C... Company, 25 East 26th St., N.Y., ... 10010.
Dishes—H. Wittur & Co., 1024-... Emerson St., Evanston, Ill. 60204. Pil... —Pillows of California, 743 Santee ... Los Angeles, Calif. 90014. (Bottom ri... Glass coffee cup "Irish Coffee"—Le... Inc., Prince & Meade Sts., Trenton, ... 08605.

### BRING ON THE SERVERS!

**Page 94** "Generation" casserole—D... International Designs Ltd., Radio C... Rd., Mt. Kisco, N.Y. 10549. "Sun... Harvest" Temper-ware by Lenox®—... ox Inc., Prince & Meade Sts., Tren... N.J. 08605. Porcelain liter pitchers ... Pearson's brown bean pot and indivi... butter pot dishes—Denby Ltd., Inc.... Madison Ave., N.Y., N.Y. 10010. ... tette" metal casserole and flowered ... French casserole—Gorham, 333 Adel... Ave., Providence, R.I. 02907. Pe... chocolate pot, fondue combination ... wine coaster with attached cork—On... Silversmiths, Kenwood Station, One... N.Y. 13421. Village™ Stoneware c...

**continued**

# HOW SAFE IS YOUR DRINKING WATER?




ONLY 9½" HIGH
U.S. PAT. PEND.

Are *you* the one out of every two Americans drinking water below Federal Safety Standards? Municipal water treatment plants, home water softeners, and filter systems, *cannot* handle the industrial waste, fertilizers, pesticides, and chemicals found in today's water. In addition, U.S. Government EPA surveys found suspected *cancer-causing* substances in the drinking water supplies of 80 major U.S. cities. This concern is supported by numerous editorials from the nation's foremost publishers:

*NEWSWEEK:* **"Scientists consider America's drinking water problem of crisis proportions."**

*McCALLS:* **"DANGER IN OUR DRINKING WATER. One out of every two Americans is drinking water of unknown quality."**

*CBS TV NETWORK BROADCAST:* **"CAUTION: DRINKING WATER MAY BE HAZARDOUS TO YOUR HEALTH."**

NOW...after four years of research using data supplied from N.A.S.A., General Electric Corporation, and others, there is a new appliance...that can make your drinking water safer and better-tasting.

## INSTANT CLEAN™ CLEAN WATER MAKER

**WILL REMOVE 100% OF THE CHLORINE, RUST, ALGAE, SUSPENDED PARTICLES, AND THE BAD TASTE, ODOR, AND COLOR CAUSED BY CHEMICALS AND MINERALS.** *INSTANT CLEAN* will not add salts or chemicals, nor remove fluoride and minerals essential to good health and growth. *INSTANT CLEAN* does remove suspected *cancer-causing* agents, chloroform and carbon tetrachloride. And it is effective in removing most *detergents* and dangerous *asbestos fibers.*

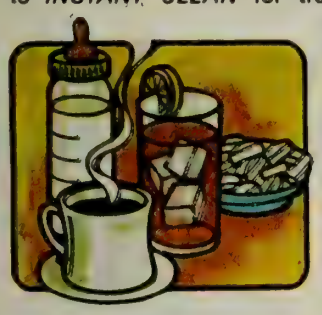
*INSTANT CLEAN's* proven effectiveness is backed up by three independent laboratory reports, No. 13019, 11600, and 13407 from General Testing Laboratories, Kansas City, Missouri, one of the nation's most respected testing laboratories. U.S. Govt. EPA Establishment #37756-KS-1

**AT ONLY $49.95,** we are so confident that *INSTANT CLEAN* will provide you and your family with the cleanest and best tasting water available, including bottled water, we offer you manufacturer's **full consumer warranty,** and **30-day money back guarantee.**

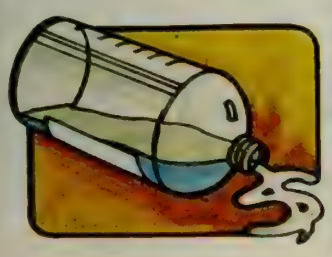
**QUICK 30-SECOND INSTALLATION.** No tools required...no electrical connections. Simply screw the diverter valve on any tap and connect the tubing. It's that easy to install, and all the parts are furnished. *INSTANT CLEAN's* exclusive valve, with adaptors, fits 99% of all threaded faucets in homes, trailers, offices, recreation vehicles, and even yachts.



**CONVENIENT TO USE.** By turning the valve dial to the "ON" position, tap water is diverted from the tap to *INSTANT CLEAN* for treatment and returned to the tap instantly...crystal clear, and odorless. The delicious fresh taste will make your coffee, tea, mixed drinks, ice cubes, baby formula and all the foods you cook or mix with water, safer and better-tasting. By turning the dial to the "OFF" position, you have ordinary tap water for dish-washing and general use.



**ECONOMICAL.** *INSTANT CLEAN's* exclusive Recharge Pak™ and back-flushing system has been engineered to provide enough drinking/cooking water to last an average family of five for approximately three years before requiring replacement of $9.95 Recharge Pak. Compare the cost of bottled water deliveries for three years for a family of five...and the inconvenience.





**UNDER SINK INSTALLATION OPTIONAL.** The accessory kit lets you install the unit permanently under sink or lavatory. No plumber needed. Then *INSTANT CLEAN* has its own convenient clean water faucet. **Only $19.95.**

**USE COUPON TO ORDER INSTANT CLEAN TODAY!...Or Call Toll Free, 800-327-8912; in Florida 1-800-432-5024.**

**WATER-SAFE PRODUCTS, INC.,** ● **8337 Nieman Road, Lenexa, Kansas 66214**

No. Units_____ Instant Clean™ Clean Water Maker.
☐ Harvest ☐ Avocado ☐ White $49.95 _____
☐ Optional Accessory Kit $19.95. _____
Add $2.50 for postage and handling.
Kansas residents add 3½% sales tax. Total _____
☐ Master Charge _____
☐ BankAmericard _____
Interbank No._____ Exp. Date _____
Signature _____
NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
Allow six to eight weeks for delivery. BHG




*(For part 1 of this guessing game, see page 133.)*

Mrs. Altamirano, is on the left, her daughter is on the right, but their hands gave you no clue, even though her daughter's are years younger. Does Mrs. Altamirano get compliments on her young looking hands? "Well I do," she admits.

Shouldn't you try her kind of hand care—and use mild Ivory Liquid for dishes?




**Mild Ivory Liquid helps hands stay young looking.**

---

**Famous University proves**

**MIRACLE-GRO produces greater yields—**

# 23% MORE TOMATOES
# 25% MORE VEGETABLES

**Compared with other popular types of plant foods***

**IMPORTANT FACTS for home vegetable growers.**

University tests proved MIRACLE-GRO produced greater yields of tomatoes and other vegetables compared to best known "timed release" plant food as well as other popular types of fertilizers. Tests conducted in good soils and poor soils.

**MIRACLE-GRO works where other types fail.**

At leading University, in soils of very low fertility—plants fed the MIRACLE-GRO way produced good tomatoes while most of the plants fed with other types of fertilizers (including best known "Timed Release" type) *failed to survive!*

*All tested plant foods used according to label directions.

**Why MIRACLE-GRO is called—"MIRACLE VEGETABLE FOOD"**

MIRACLE-GRO provides 7 vital growth elements in fast-acting "liquid form"—feeds plants through roots and leaves. University tests prove MIRACLE-GRO enters plant's "bloodstream" in 30 seconds. Starts working fast. EASY—apply anytime. **SAFE**—will not "burn" used as directed. Saves money. Saves fertilizer.

**Yields TONS more!**

Tomato farmers say 20 tons per acre is excellent MIRACLE-GRO scored 30 tons per acre!

**8 oz. $1.29**




INSTANT ACTION! STERN'S Miracle-Gro®

ALL-PURPOSE WATER-SOLUBLE PLANT FOOD




## Buying guide

role with pierced copper warmer stand—The Pfaltzgraff Co., York, Pa. 17405. Craftmetal skillet with individual ramekins, "Farmington" pewter serving fork and spoon—International Silver Co., 500 Broad Street, Meriden, Conn. 17405. "Amapola" earthenware long, narrow baker and "Limerick" Independence Ironstone coffee server—Franciscan Table Top Fashions, Interpace Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. "Cambridge Colonial" tureen—Oneida Silversmiths, Kenwood Station, Oneida, N.Y. 13421. Kobenstyle saucepan with wood handle—Dansk International Designs Ltd., Radio Circle Rd., Mt. Kisco, N.Y. 10549.

**PRIZE TESTED RECIPES**

**Page 99** (left): Platter—Denby Ltd., Inc., 41 Madison Ave., N.Y., N.Y. 10010. Gravy bowl—H. E. Lauffer Company, Inc., Belmont Drive, Somerset, N.J. 08873.
**Page 100** (Top left): Plate "Spring Garden"—Noritake Company, Inc., Cincinnati, O. 45215. Fork "Heirloom Sterling"—Oneida Silversmiths, Kenwood Station, Oneida, N.Y. 13421. (Bottom left): Plate—The Pilgrim Glass Corp., 225 Fifth Ave., N.Y., N.Y. 10010. (Top right): Plate "Indigo"—Franciscan Table Top Fashions, Interpace Corp., 2901 Los Feliz Blvd,. Los Angeles, Calif. 90039. Knife, fork, spoon "Michelangelo"—Oneida (address above). (Bottom right): Oregano bottle—Bing and Grondahl, Copenhagen Porcelain Inc., 111 N. Lawn Ave., Elmsford, N.Y. 10523.

**GROUND BEEF SURPRISES**

**Page 104** (left): Snack tray with cup—Federal Tool and Plastics, 3600 W. Pratt Ave., Chicago, Ill. 60645. (Right) Salt and pepper—Dansk Designs, Inc., Radio Cir. Rd., Mt. Kisco, N.Y. 10549. Bowl—Barman Int'l. Co., 225 5th Ave., N.Y., N.Y. 10010.

**SHORT-CUT SKILLET SUPPER**

**Page 106** (bottom): Skillet—H. E. Lauffer Co., Inc., Belmont Dr., Somerset, N.J. 08873. Bowl—Rosenthal Studio Haus, 548 5th Ave., N.Y., N.Y. 10036. (Top): Basket—F.O. Merz & Co., Inc., 1504 Mdse. Mart St., Chicago, Ill. 60654. Plates "Percussion"—Lenox, Inc., Prince & Meade St., Trenton, N.J. 08605. (Center): Wooden plate—Hong Horizons, 135 Wictory Blvd., Burbank, Cal. 91502. Pitcher "San Surf"—H. Wittur & Co., 1024-26 Emerson St., Evanston, Ill. 60204.

**DAIQUIRI DESSERTS**

**Page 114** (top): Dessert plates "Staccato"—Lenox Plastics, Div. of Lenox, Inc., 4417 Oleatha Ave., St. Louis, Mo. 63316. (Bottom): Spoons "Duo"—Rosenthal-Netter, Inc., 225 5th Ave., N.Y., N.Y. 10010. Cocktail glasses—Gorham, Div. of Textron, 333 Adelaide Ave., Providence, R.I. 02907. Plates—Plummer-McCutcheon, 145 E. 57th St., N.Y., N.Y. 10022.

**ADD FLAVOR WITH CITRUS**

**Page 116** (left): Ladle "Modern Antique"—Oneida Silversmiths, Kenwood Sta., Oneida, N.Y. 13421. Plates, sauce dish, and liner—Franciscan Table Top Fashions, Interpace Corp., 2901 Los Feliz Blvd., Los Angeles, Cal. 90039. (Right): Plates and oval dish—Denby, 4688 Paddock Rd., Cincinnati, O. 45229. Serving fork "Duo"—Rosenthal Studio Haus, 548 5th Ave., N.Y., N.Y. 10036. ■

**PRICE CORRECTION**

The Ortho Lawn and Garden Sprayer featured in Good News, April, 1976, page 66, was incorrectly priced. The actual suggested retail price is $11.98.


*Looking for*

**SOMETHING SPECIAL?**

When you're searching for the gift that's "just right" for discriminating, hard-to-please friends, give them a subscription to *Better Homes and Gardens.* They'll be delighted to receive America's leading home-service magazine.

Yes, *all* your friends will like the original ideas in *Better Homes & Gardens.*



# A collar on your dog won't control the flea circus in your house.

Fleas do much more than infest your pets. They can infest your yard your kennel and your entire home. That's because they only live on yo pet for a short time. Just long enoug to get the blood they need to reproduce. Then they head for the carpet or the cracks in the floor wher they lay their eggs. And one femal flea can lay up to 1200 eggs. Which i enough to turn your house into a fle circus in no time.

That's why you need more than flea collar to really control fleas an ticks (ticks are even more prolific - th female tick can lay up to 6500 eggs You need a system. The Lambert Ka Flea and Tick Control System. It shows you how to use a combinatio of flea/tick control products, depending on the needs of your particular pet and the environment you live in.

To learn just which combination i right for you, talk to your local pet store owner. He'll show you just how to keep the flea circus from coming to town.

# You need the system



Lambert Kay™

Division of Carter-Wallace, Inc

# ime to e-roof?

u know the time has arrived ever the old roof no longer ts job. That could be:
en the old roof is no longer ertight, or
en it downgrades the home's ll appearance, or
en new roofing on room ad- s (which never exactly nes the old) clashes with the ll roof or makes it look y, or
en you want to upgrade the or performance of the roof.
generally *not* wise to wait a roof leaks to re-roof. Con- d leaks can cause serious and damage, such as soaked gs or rotted beams. Waiting lso force hasty decisions on g materials and roofers— es that shouldn't be rushed.
riodic checkups are the best o keep abreast of roof con- s. You can make the check elf by following these four steps:
ith a flashlight, inspect all corners and undersides of s for wet spots that could ate leaks.
rom ground level, walk d the house, slowly check- e roof through field glasses roken, blistered, or balding les.
otice if shingles have lost luster. This is a definite indi- n of aging.
ok for corroded or obstruct- utters and valleys, loose or d flashing, damage or wear g ends and ridges, and signs ater seepage under eaves. e are the most common le spots on roofs.
on't walk on the roof to k it—that's dangerous for eurs and can damage the ng. If you suspect trouble, a professional checkup. It's lly free.
eaks don't always mean re- ng is needed. When relative- w roofs leak, it's generally to damaged shingles, faulty ing, backed-up gutters, or oper installation. Get a pro st to locate and remedy the lem before it worsens. Old s, however, tend to wear rmly and when one leak de- ps, more will probably follow -roofing *is* indicated.
e type of roofing used is the indication of how long the can be expected to last. ng the most durable ma- ls are heavy-textured asphalt gles which are designed to 25 years of service. Unless erly installed, however, even the best materials will not give good service.

Seek out a qualified roofer—one who is well established in the community and will provide names of previous customers. He should be insured for on-the-job accidents, and give follow-up service. If you have any doubts, check with the Better Business Bureau or the local roofers' association.

When you ask for an estimate, be explicit about the quality of roofing material you want and any extras to be included, so roofers will be bidding on the same job. ■


# A good way to lighten the load when you move.

Many families are finding a pre-move garage sale makes more sense than ever these days, because moving charges are based in part on the weight of the goods you ship. So why pay to move things you never use? Or that can be replaced in your new home town for less than the cost of moving?

United Van Lines thinks garage sales are a great idea. In fact, we even offer a special little booklet that tells you how to do it. There are tips on pricing and displaying your "merchandise." How to advertise to your friends and neighbors, and to keep track of the items you sell.

If you'd like a free copy of "HOW TO HOLD A GARAGE SALE," just call your local United Van Lines agent. He's listed in the Yellow Pages. Or if you prefer, drop a line to United's Bette Malone Moving Consultant Center, St. Louis, Mo. 63026.

And good sale-ing!

*United Van Lines*

We Make the Going Easier!

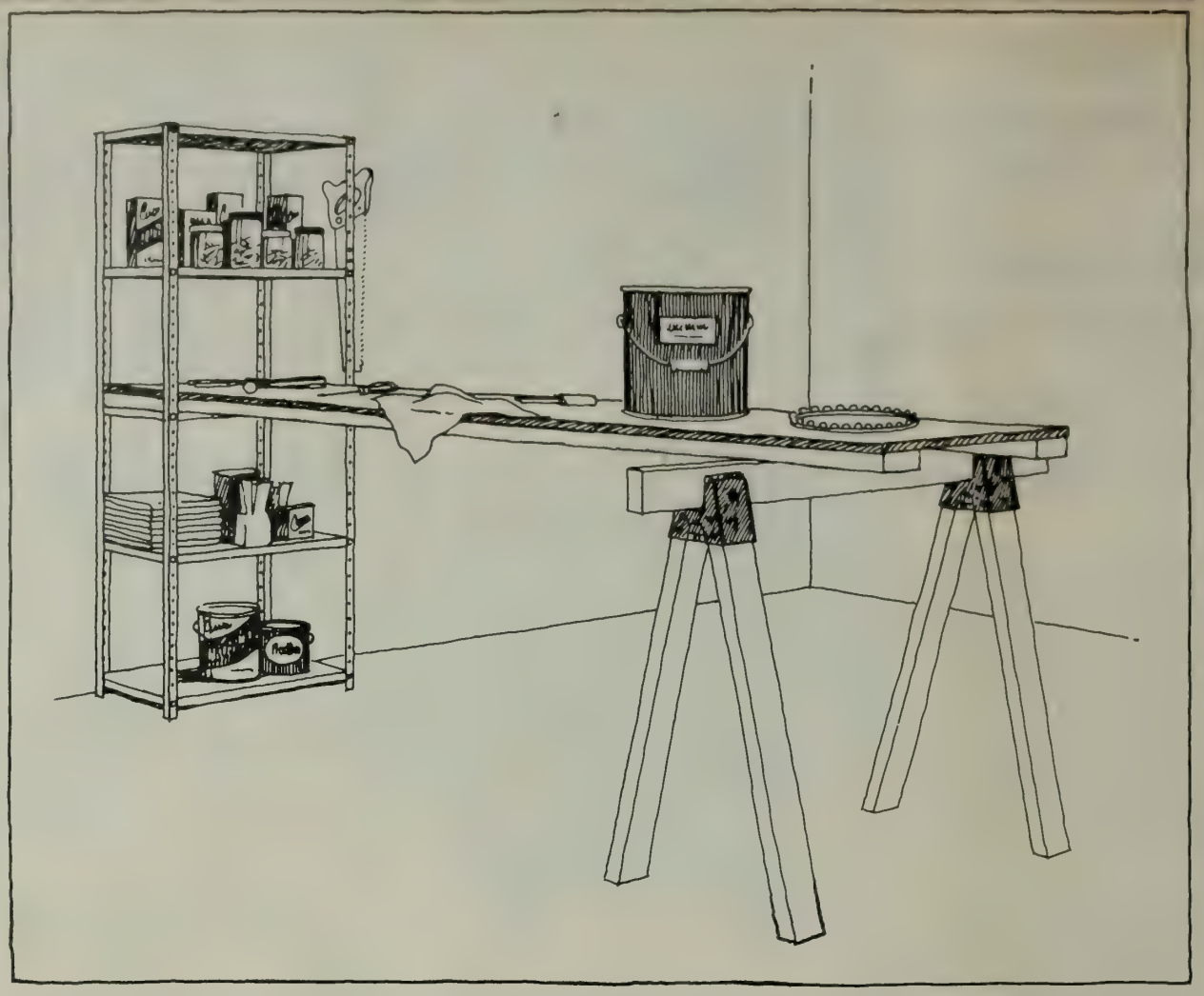


# PRO TEM WORKSHOP

Here's a temporary work center you can set up in a corner of your basement or garage. If you're a real handyman, it will tide you over until you get around to building your dream shop. If you're not a dedicated do-it-yourselfer, the unit can serve as a permanent work center.

Construction couldn't be simpler, since there's nothing to construct. Just purchase the following and stack them as shown in the illustration: one steel shelf unit two feet wide, five feet high; two fir 2x4s eight feet long; one sawhorse and one sheet of ¾-inch plywood two feet wide by eight feet long.

Unlike most "temporary" structures, this one doesn't contain anything you need to disassemble or discard. You'll always have something to store on the shelves. The first project in your permanent workshop may call for a sheet of plywood and some 2x4s. And a sawhorse is always helpful, though someday it may need a mate.



You can assemble your work center in minutes. The long work surface provides the necessary elbowroom for assembling projects, and the unit is sturdy enough for household carpentry work.


*From the DuBarry Fifth Avenue Collection*

# Real jade, your choice,

**$3.00** **Just see our tools and send in the coupon.**

Aztecs called jade more valuable than gold — only royalty and high officials could wear it. Today jade is a favorite jewelry choice—and this collection is GENUINE jade. Each piece is hand cut and highly polished. And each only $3.00—including shipping and handling! Or—a set of three for only $8.25!

Why are we making this almost unbelievable offer on jewelry you could expect to pay anywhere from $8.00, to $15.00 for?

It's simply an incentive to come in and see five of our better lawn and garden tools on sale now thru June 30th at participating AMES retailers.

To get your jade, fill in the coupon. Take it to a participating AMES retailer. Check our tools, buy if you wish, but, in any case, ask the retailer to validate the coupon. Then mail the coupon with your check or money order. That's all you do.

Each piece of the DuBarry jade collection is only $3.00. Or get all three for only $8.25. Just make sure you indicate which piece or pieces you want—and enclose the right amount with your signed coupon.

**Act now for free bonus**

This sensational offer is limited. And special prices on our tools end June 30th. So, as an added bonus for acting quickly, we'll give you a FREE vegetable garden guide when you order your jewelry. It's a handy hip pocket slide rule full of helpful information and tips on growing healthy vegetables. So hurry!

AMES® SINCE 1774
a McDonough company



**FILL OUT THE COUPON — AND TAKE TO A PARTICIPATING AMES RETAILER TODAY!**

- Deluxe Hose Reel. Holds 200 feet of hose with 4-1/2 ft. leader hose. Exclusive AMES Flo-thru design with double protection against drips or leaks.
- Deluxe shank pattern Garden Hoe.
- DIG-EZY—ideal homeowner's shovel features forward turned "steps."
- New Action Hoe—easy to use cultivator, weeder, edger — with sharp double edge blade.
- One-piece Forged Bow Rake.

1. Pin/Pendant. Wear as pin, pendant or single goldtone chain. Simulated pearl frame. Antiqued goldtone tassel.
2. Earrings. Matching Cabochon jade stones set in sunburst effect. Pierced or clip. (Please check which when ordering).
3. Cocktail Ring. Jade center stone encased in an antiqued goldtone setting. Adjustable.

SEND TO: **AMES JADE OFFER, P. O. Box 10, Brooklyn, N.Y. 11232**

Please rush the genuine jade jewelry checked at only $3.00 each, or all three at only $8.25. Both prices include handling and shipping. Also send FREE BONUS GARDEN GUIDE.

1. ☐ Jade Pin/Pendant 2. ☐ Jade Earrings—( ☐ Pierced ☐ Clip)
3. ☐ Jade Cocktail Ring 4. ☐ SPECIAL. Set of 3 pieces for only $8.25!

I enclose $_____ cash, check or money order.
**(Make payable to DuBarry Fifth Avenue)**

Name _____

Address _____

City _____ State _____ Zip _____

Offer limited to 3 pieces per customer. Limited time only. Expires June 30, 1976.

AMES PARTICIPATING RETAILER VALIDATION
(Employee initials—store stamp or sales slip sufficient)

# Announcing Cycle.®

## The first line of dog foods formulated to meet your dog's changing nutritional needs.

**Read why your dog's needs change as he goes through life from puppyhood to old age. Discover how Cycle®– a new line of specially balanced meals– meets these changing needs as no single dog food can.**

Until today, most dog foods have been basically the same. In one important respect. They have been designed for the *average* needs of the *average* dog. But what is an "average" dog?

A dog, like a person changes. He grows up. He slows down. He grows old. He may be trim or fat. As he goes through these different stages, his teeth, bones, coat, digestion, kidney function—all these things and more—change.

But, canned, dry or soft-moist—there's never been a line of dog foods designed to meet all these changing needs.

### Nutrition dogs need– in flavors dogs love

Cycle is not just one more dog food. It is a line of *four distinctly different foods, formulated for each important stage in your dog's life.*

Each Cycle meal is a complete, balanced dinner of meaty chunks—in delicious beef and chicken flavors. Your dog will love it. Even more importantly, he will thrive on it.



### Cycle®1– for puppies (up to 18 months)

During this short time, your puppy should grow to his full adult size. Pound for pound, he burns up 100% more calories than he will as an adult. He needs extra protein, and about twice the vitamins and minerals to build muscle and bone. Cycle 1 concentrates all this extra nutrition in a formula specially balanced for puppy-sized stomachs. (And unlike dry puppy foods, Cycle 1 comes in tender, meaty broiled chunks.)




### Cycle®2– for young adult dogs (ages 1 to 7)



Cycle 2 is specifically formulated for your dog's *peak years.* For the way his body burns up energy, and uses protein. With the correct balance of vitamins and minerals to help keep him trim and fit. (And the good, meaty taste it takes to keep him happy.)

### Cycle®3– for overweight dogs

A few excess pounds can be unhealthy for your dog. So even though he may not *appear* overweight (decreased activity can often be the only visible sign), check with your veterinarian. If your dog *is* overweight, he should be fed Cycle 3. Its tasty formula contains *less fat and 20% fewer calories than the leading canned dog food.* With normal exercise, Cycle 3 can help an overweight dog return to his proper, healthy weight again.



### Cycle®4– for older dogs (over 7 years)

Depending on the breed of your dog, the signs of age may appear slowly. A little grayness around the muzzle, slight changes in his coat or a decrease in his activity. But regardless of breed, by the time your dog is seven, his age begins to tell *—inside where it doesn't show.* Cycle 4 is formulated specifically for these later years. It is made especially easy for an older dog to chew and digest. It contains extra calcium to help strengthen his aging bones. And, to help reduce stress on his tired kidneys (perhaps the most common weakness in the older dog), Cycle 4 contains high-quality protein in an amount he can easily use.



**To take the best care of your dog, visit your veterinarian regularly. And feed nutritious Cycle.**

## Cycle®. Nutrition...for the life of your dog.

DOG FOOD

GF GENERAL FOODS

Cycle is a registered trademark of the General Foods Corporation.




**Charcoal discovery guarantees relief for months**

Now—patented scientific discovery! Johnson's ODOR-EATERS, foam insoles with miracle activated charcoal (nature's purifier) absorb perspiration, destroy odor, keep feet, socks, shoes practically dry and odor free! Tests by leading foot doctors prove ODOR-EATERS work as no spray or powder can. Comfortable too. Guaranteed 3 months or money back. Where foot care products are sold. Combe Incorporated.

Johnson's **Odor-Eaters**™

**Stop the torture of**

**Vicious Itching**

- Dry Skin Itching
- Vaginal & Rectal Itching
- Chafing & Rashes
- Other Skin irritations

Get fast long-lasting relief from all kinds of itching with LANACANE Creme Medication. Doctors know LANACANE'S proven formulation helps stop itching fast, soothes irritation. Its anti-bacterial action checks infection, helps speed healing. LANACANE—the medication for all kinds of itching. **LANACANE®**

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"and away go troubles down the drain"®

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- Laundry • Commercial
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- Nationwide Dependable Service

Available **only** from your local Roto-Rooter Company.

**KING SIZE (18") SUPER OUTDOOR THERMOMETER**




Great for outdoor installation at swimming pool, yard, patio or garden. An unusual gift or for personal use. Instant temperature readings on this big 18" diameter dial with bright red indicator hand. Black figures on white background. Rugged all metal construction with clear glass curved crystal. Three point mounting for security against the wind. **No. 08552 $15.95; 2/$30.90 plus $2 pstg. & hdlg.**

**Better Homes & Gardens, Dept. 2EY**
**Box 374, Des Moines, Iowa 50336**

**Ethan Allen, Do these chairs go together?**



**You're never in doubt about your decisions at Ethan Allen.**

At Ethan Allen we know people like to sit down in all kinds of different chairs. So we show compatible chairs in co-ordinating fabrics to help you see how two differently styled chairs can live happily in the same room. You're never in doubt about your decisions at Ethan Allen.

All across America there are Ethan Allen Galleries where you can furnish your home piece by beautiful piece, secure in the knowledge that you're making a lifelong investment.




**Come on over to our house. Ethan Allen Galleries.**


# THE BETTER HOMES & GARDEN BACKYARD VEGETABLE PLOT

If you planted your early crops with us last month, by now you can see signs of life in radishes, lettuces, spinach, and, if you're lucky, peas. With these green shoots to inspire you, get ready for a busy vegetable month. May is the time to put in the warm-weather crops. And if you're going to build the fence for cucumbers and beans, do it soon.

### Keep fence cost down

Check the lumberyard for inexpensive 2x2s. They don't have to be perfect; the fence isn't decorative, just functional.

Use six-foot 2x2s for stringers and seven-foot 2x2s for the posts (set one foot in the ground). Plan on one stringer six inches from the ground, one three feet up, and one at the top (cucumbers get heavy, so they need firm support). Add a post every six feet. For fencing, use low-cost and tough plastic grow net.



Using a staple gun, staple grow net to first post, stretch net taut, and staple to second post. Continue until the fence is complete. If you don't have a staple gun, you can nail on the grow net with U-shaped nails.

### Protect cabbage crops

Cabbage loopers pose a real threat to broccoli, kale, kohlrabi, and, of course, cabbage. *Bacillus thuringiensis,* a naturally occurring bacterium, is deadly to these cabbage pests. And you can use it with a clear conscience because it's a biological control, not a man-made insecticide.

If you want to guard against chewed leaves or even loss of the cabbage crops, ask for b.t. in your garden store and start applications by the middle of the month. The amount to mix varies according to brand, so follow directions on the package.

### Plant warm-weather crops

Wait until you're sure the frost threat is past, then put in the tender crops. This month, you'll be planting seeds of green and yellow bush and pole beans, cumbers, and squash. Now time, too, to set out plants tomatoes, peppers, and eggpl

Sow the bush beans in do rows spaced six inches apart. pole beans and cucumbers ca in the ground in a zigzag pat to give you the equivalent double row along the fence.

Set out eggplants and pep at the level the young plants g in the starting pots. Afterw water plants well.



Set tomatoes *deeper* than t grew in the starting pots, eve it means having to remove a of lower leaves. See the le tomato plant in the photo abo This should be set so only top leaves show above the surf of the ground. Add sturdy sta by each tomato at planting ti Main crop varieties (Burpe Big Boy, Early Girl, Rutge need six-foot stakes. Use fo foot stakes for the small, cher like types.

On clear, hot days, newly plants can suffer in the sun. keep plants from wilting do



Photographs: William Hopkins; Mike Die

tent them with newspapers. W kept the eggplants, above, co ered off and on for two wee until the roots took hold and t plants grew strong. Weight t edges of the papers down wit soil or small rocks.

### In May also . . .

- Watch seedlings of row cro for signs of wilting. If you aren getting a normal supply of sprin rain, be sure to soak the garde at least once a week.
- It's not too early to chec your radishes—you may find fa red globes just right for eating.

The dandelion is one of nature's prettiest villains. It's not only good to eat, there was a time when people took it as medicine.

But here in Marysville, Ohio where we have our main grass research farms, it's just another weed.

In fact, it's a bully. It pushes the good grass out of the way and takes the food in the soil for itself. This is one weed that doesn't die every year. It's a tough perennial with roots that go down as far as two feet.

And that pretty yellow blossom turns into a white puffball full of seeds that the wind carries all over your lawn.

You can't stop dandelions from coming in, the way you can with crabgrass.

You have to get this pest to get rid of it. But it's easy to lick.

Leave one bit of its root and the dandelion will be back.

# We'll get these dandelions out of your lawn and that's a promise.

And don't make it hard on yourself by trying to dig it out. Leave one bit of that root and back she'll come.

But just spend 30 minutes with your spreader and our Turf Builder® Plus 2.® Your dandelion population (and a lot of other actively growing weeds) will be on the way out in a matter of days. That's our promise.

And the Turf Builder in this is our own slow-release fertilizer. It will also feed your lawn for up to two months.

In fact, if you spend 30 minutes with our straight Turf Builder every couple of months — your grass will be so thick there just won't be much room for weeds. Good thick turf helps crowd weeds out. That's just survival of the fittest.

We sell Turf Builder Plus 2 with the plainest guarantee we can think of. "If for any reason you are not satisfied with results after using this product, you are entitled to get your money back. Simply send us evidence of purchase and we will mail you a refund check promptly."




You might also like to get our quarterly, Lawn Care.® It's free and it's filled with good things to know about grass.

Just write us here in Marysville, Ohio 43040. You don't need a street address. We've been here for over 100 years.



# Hemorrhoids do not have to spoil an expectant mother's happiness.

You're radiant with joy, looking forward to the birth of your baby, but the pain of hemorrhoids intrudes.

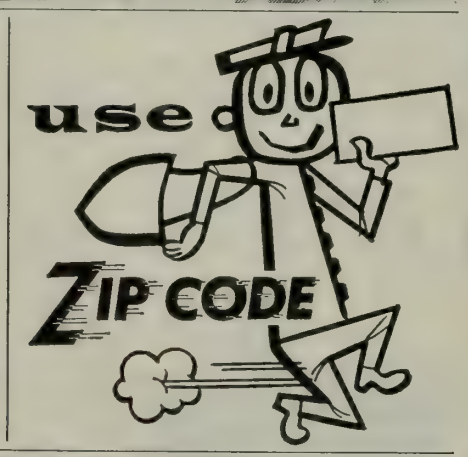
Most expectant mothers trust one medication that helps them almost forget hemorrhoids even exist: Preparation H.®

Why Preparation H above all others? Because Preparation H does *more.*

In many cases, Preparation H gives prompt, temporary relief from the burning pain and itch. Then, with its additional medical ingredients, Preparation H goes beyond soothing. It helps *shrink* swelling of hemorrhoidal tissues caused by inflammation.

You can almost forget your hemorrhoid problems for hours and truly enjoy the happiest time of your life.




## Do not disturb!



Leave your kitten alone while he's eating. He has a one-track mind at mealtime and a *very* sensitive nervous system. And to make sure he gets all the nourishment he needs, fill his bowl with a completely balanced food... like Friskies Kitten Food from Carnation.

**Save 15¢ on your next purchase by clipping the coupon on page 40.**

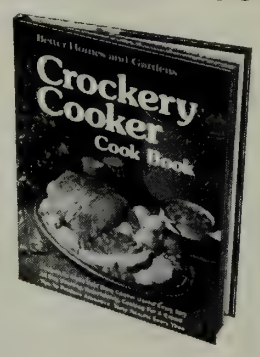

# New Ideas

## NEW COOK BOOK (Newly Revised)

Changes in cooking methods, new appliances, the metric system and new supermarket items all influence the way you cook. That's why, for the ninth time since its introduction, major revisions have been made in the Better Homes and Gardens New Cook Book. The 1976 edition contains more than 1500 kitchen-tested recipes. Additions include a chapter on appliance cookery; a meat price chart listing cost per servings; information on how to read and use nutritional labels; what's new in meat terminology; the "easy mix" yeast bread method; a chart of creative uses for leftovers; and for the first time, a guide to selecting the right wine for any meal. There is also an easy-to-understand discussion of metrics. Chapters on canning, soups and sauces, poultry, fish and eggs have been expanded, too. It is ringbound to lie flat. The hardbound cover is made to wipe clean in case of a spill and 18 tabbed chapter dividers make recipes easy to find. This newly revised edition is available at your booksellers now for just $8.95.




## CROCKERY COOKER COOK BOOK




Slow cooking is fast becoming one of America's most popular cooking methods. After extensive research and recipe testing, the Editors of Better Homes and Gardens present this colorful new cook book for your crockery cooker. It begins with a detailed discussion on the various types of crockery cooking. 175 recipes feature main dishes, vegetables, desserts (even breads) that cook all day or part of the day. Also included are party recipe ideas for 8 or more people plus tips, basic rules and general information on crockery cooking discovered during kitchen tests. Throughout each section (in bold type) are advance preparation and serving techniques to enhance the flavor and appearance of slow cooked foods. Hard cover. Just $2.49 wherever books are sold.

## FURNISHING AND DECORATING IDEAS SPRING/SUMMER 1976

This colorful new idea publication from Better Homes and Gardens is strong on tradition — blending the nostalgia of the past, with the functionality of the present so you can decorate traditional rooms for the future. One article tells how a young family renovated and furnished an 1800 house into a charming home as their budget allowed. Another shows traditional American furnishings that give rooms spirit, without looking dated or "period". You'll find traditional furniture — adaptations of our American design heritage — which have been recently introduced at prices you can afford. Also included, easy and economical ways to decorate with fabric, garden rooms to enjoy all year around, a selection of wall coverings that help disguise surface defects, floor coverings that give any room a new personality, floor plans for extraordinary baths in a standard space, and 18 ways to add storage to even the smallest bedroom. Just $1.75 at your newsstand.



This picture just proves something that any farmer who grows things for a living could tell you. You get big lettuce (or tomatoes or whatever) when you fertilize and you get dinky ones when you don't. You can water and put down humus and compost and that's fine but it isn't the same as fertilizer.

Scotts® Vegetable Garden Fertilizer holds some of its nitrogen back for later. Your seeds or seedlings get a good feeding to start with, then a little more every day to keep your crop growing.



Both heads of lettuce grown in the same garden. Look at the difference.

# We fertilized the big head but not the little. That's why one is big and the other is little.

Fertilizer is food you put in your soil to pass on to your vegetables. Nitrogen, phosphorus and potassium, chiefly. A good supply of nutrients is where all those fat tomatoes and big ears of corn come from.

Some fertilizers tell you to do it 2 or 3 times a crop. That's because their nitrogen usually "releases" right away and after a short time there just isn't much left. You only use our fertilizer once (unless you happen to live in the South and have very sandy soil).

You ought to put it down at planting time, and you can use our fertilizer on all vegetables. (Just do what it says on the box. It won't hurt your plants.)

There's hardly any work to it. Just put it down evenly and work it into the soil an inch or so.

We use everything we make so we know what it will do. You will get more beans or extra tomatoes or bigger lettuce and that's a promise. Our guarantee says, "If for any reason you are not satisfied with results after using this product, you are entitled to get your money back.

Simply send us evidence of purchase and we will mail you a refund check promptly".

We'll be right here in Marysville, Ohio. You won't have to look for us.



# Crafts for the Spring Season

from Better Homes and Gardens





**Needlepoint Patchwork Pillow** Bright colors and contemporary designs make this lovely pillow a stunning compliment for any decorating scheme. You'll use several needlepoint stitches to create this lively patchwork—all are completely explained in the easy-to-follow instruction chart. Kit also includes a single mesh 100% cotton canvas, 100% wool crewel yarn in a rainbow of typically patchwork colors, corduroy pillow back, piping, zipper, and tapestry needle. Fits our 14" square high quality polyester pillow form.

**Indian Summer** Learn this popular art of macrame while creating this distinctive wall hanging. Perfect for beginners, the step-by-step instructions will teach you all knots required. Finished piece is approximately 22" x 37". Kit includes jute, dowels, beads, and instructions.

**CREDIT CARD USERS CAN SPEED DELIVERY BY PHONING TOLL FREE**

Quantity

_____No. 00511 Patchwork Pillow $11.99 plus $1.35 postage and handling; 2 for $22.98 plus $1.75 postage and handling.

_____No. 13172 14" x 14" Pillow Form $2.59 plus 90¢ postage and handling; 2 for $4.68 plus 90¢ postage and handling.

_____No. 00783 Pillow and Form $13.99 plus $1.35 postage and handling.

_____No. 11173 Indian Summer $12.99 plus $1.35 postage and handling; 2 for $23.98 plus $1.75 postage and handling.

Amount

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$_____

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Total $_____

To use your credit card, fill out the boxes below—or on orders of $10 or more speed delivery by phoning toll free: 800-228-2048, 24 hours a day. (In some states you have to dial 1 first.) In Nebraska, call collect 402-571-3358.

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**OUR GUARANTEE: Full refund if not completely satisfied.**

# A REGULAR FEATURE DESIGNED TO MAKE AROUND-THE-HOUSE JOBS EASIER FOR YOU — TIPS TOOLS & TECHNIQUES

This feature is written by you. It's a wide-ranging collection o shop hints, installations tips, and repair shortcuts that you— along with millions like you—have picked up from your exper ence as a do-it-yourselfer. We pay $25 for each problem-solve we publish. See the box below for details.

## PROBLEM

**You're ripping 4x8 sheets of plywood on your table saw an need to support the sheets as they feed off the saw.**

## SOLUTION

If you don't have a helper, rig up a couple of support pieces like the one shown at right. Clamp them to a sawhorse so their top edges are at the same height as the saw table, then set the sawhorse parallel to the saw, about four feet behind the back edge of the table.




## PROBLEM

**Sheet-metal screws continually vibrate loose on your law mower or in hard-to-reach spots throughout your car.**

## SOLUTION

Daub a little automotive weather-stripping compound or sil cone sealant on the threads. These rubbery products hold th screws firmly in place, yet are flexible enough to allow remova of the screws if necessary.

## PROBLEM

**You find yourself continually refastening a support cable o clothesline rope to take up the slack that develops.**

## SOLUTION

Fasten a short piece of lightweight chain to the end of the line then hook a chain link over the anchoring hook; to tighten th line, just unhook one link and move to the next one.

## PROBLEM

**Dust and grit fall on your hair, in your eyes, and all over th floor when you drill into the ceiling.**

## SOLUTION

Push the drill bit through the inverted top of a small box, as shown, then drill. If you don't have a box small enough to give you a clear view of your work, substitute a cut-down paper cup. Hold the box or cup to keep it from spinning.



Do you have do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools & Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and all submissions become the property of Meredith Corporation. We do not accept previously published ideas.




# A Taste of Britain INC OFFER

A DIRECT-TO-YOUR-HOME OFFER—the Kitchen Knife set you've always needed. A good knife is like a third hand to a good cook. But no matter how good a knife is, it cannot cope with the hundred and one cutting jobs that need to be done. You need a special serrated long knife for bread—but this knife is no good for carving meat. Here you need a straight edged knife—but the carving knife is no good for grapefruit. Here you need a small serrated knife with a special curved tip.

TASTE OF BRITAIN brings you something really special—a knife for every need—and all hanging from a rack on your kitchen wall. It is a comprehensive set that contains every knife you'll ever want together with a Butcher's Steel for sharpening, a Carving Fork and a workmanlike Meat Cleaver.

This set, designed by the London based *House of Argy*, has been the outstanding success story of British kitchens. TASTE OF BRITAIN is now able to bring this unique offer to American families. Designed in Britain, the set has 12 different pieces as well as a hanging rack. Knife Blades are in hollow-ground stainless steel and the handles are in solid Rosewood with Brass Rivets. Just Mail your order—we do the rest!

- 12½" Bread Knife
- 12½" Carving Knife
- 11½" Carving Fork
- 11¾" Butcher's Knife
- 11⅜" Sharpener (magnetic)
- 12¾" Cook's Knife
- 10⅜" Cook's Knife
- 8¾" Utility Knife
- 7" Paring Knife
- 7¼" Grapefruit Knife
- 6⅝" Paring Knife
- 9¾" Meat Cleaver
- Stainless Steel Hanging Rack

TASTE OF BRITAIN INC brings you, the magazine reader, Britain's best selection of merchandise—traditional and modern—all designed exclusively for an English style home and family. TASTE OF BRITAIN can offer these great budget prices and bargains because it deals direct with English suppliers or manufacturers. There's no middleman profit—all the savings come to you.

**TASTE OF BRITAIN selections are sent direct to your home. Just mail your order—we do the rest.**

**Taste of Britain INC**
**G. Street and Erie Ave. Philadelphia 19134**

**Taste of Britain INC** **G. Street and Erie Ave. Philadelphia 19134**

Please rush me_____ 12 piece Knife Set(s) at $12.50 each which includes Post and Handling. I enclose my Check/Money Order for $_____

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**$718*—New York  $622*—Chicago  $565*—West Coast**

Minor Price Differences from Other Cities

If you've always dreamed of visiting Hawaii —or if you have been there before and would like to return—this is the chance you've been waiting for. What better way to get away from it all than to take a trip to this exotic Pacific paradise. Here the weather is as friendly as the people, and tropical flowers bloom in wild profusion everywhere. It's difficult to imagine a more perfect place to enjoy a relaxing vacation.

### Here's What Is Included

You fly round trip on a regularly scheduled Northwest Orient 747 with plenty of room to move around comfortably during the trip. You visit two Islands (Oahu and Hawaii) and spend 7 nights in Honolulu, 2 nights in Kona and 1 night in Hilo.

You stay exclusively in first class hotels, such as the Ala Moana in Honolulu, Kona Lagoon in Kona and Hilo Lagoon in Hilo. To conserve your time and energy, you are preregistered in each hotel and luggage is delivered to your rooms automatically.

Transportation is provided for you and your luggage between airports and hotels (no tips to worry about).

### Special No Charge Extras

Traditional Lei greeting when you arrive.

Get acquainted cocktail party the first evening in Hawaii.

Full day tour between Hilo and Kona with a visit to the Kilauea Volcano.

Half day familiarization tour of Honolulu.

Farewell Luau the last evening, complete with Hawaiian entertainment and music.

Full-time Better Homes and Gardens Tour Director throughout the trip.

### Travel In Comfort And Confidence

Most of our travelers want the security of having everything taken care of for them, but still would rather not be completely regimented. Therefore, we plan all of the basics and show you the highlights of each place you visit. An experienced tour director will be with you throughout the trip to be sure that everything goes smoothly and to assist you in arranging optional sightseeing excursions you might want to take. However, you will have lots of free time to pursue your own individual interests and be as busy or relaxed as you choose. You simply enjoy the pleasure of the trip knowing you are in the hands of professionals who want to see you have a pleasant and worry free vacation.

### You Get More For Your Money

We know that a trip to Hawaii involves a major budget decision. By traveling with us, you benefit from the convenience and cost advantages of participating in a reasonably priced tour designed to give you the utmost service and value for your travel investment. As a matter of fact, if you were to make all the arrangements on your own, this same tour would cost you at least 25% more.

**You can still share the benefit of this specially priced tour no matter where you live, because you can leave from your local airport and join the group on the West Coast. All you have to do is indicate your departure city on the coupon and we will advise you the exact price of your trip.**

### Optional Meal Plan

Our surveys tell us that some travelers prefer meals included in the tour price, while others do not. Obviously, we cannot anticipate each individual preference. Therefore, we have now made special arrangements to include an optional meal plan which is available at extra cost for those who would like to prepay some of their meal expenses prior to the trip.

The meal plan includes American breakfasts each day, three dinners in Hilo and Kona plus lunch during the full day tour to the Kilauea Volcano. The price for these meals is $74, including tips. If you would like to take advantage of this optional plan, please indicate this on the coupon.

### Space Limited—Reserve Now!

Take the first step now to an unforgettable vacation in Hawaii. To assure a place, it is important that you complete the coupon below and send us a $100 per person refundable deposit right away. Should you wish to cancel your reservation for any reason, we will send you a full refund immediately without quibbling provided you notify us 30 days before departure date. As soon as we receive your reservation, a member of our travel staff will be assigned to you and will contact you to work out all the necessary details.

### Convenient Departure Dates

One of the advantages of this tour is that the weather in Hawaii is delightful the year-round. For this reason, we have arranged departures each month for the rest of the year so you can select a date which is most convenient for your vacation schedule. Space is still available on all the following departures, but we need your reservation soon so that we can be sure to accommodate you on the date of your choice.

| | |
|---|---|
| **July 25** | **October 24** |
| **August 22** | **November 28** |
| **September 26** | **December 19** |

Please be sure to indicate your preference of departure date and city on the coupon. And don't forget to order the optional meal plan if desired.

**Prices based on Group Inclusive Tour air fare, double occupancy in hotels and are subject to change. Prices do not include the following service charges and taxes: New York–$24.57  Chicago–$18.56  West Coast–$8.71*

**Jean Scott, Travel Manager**
**Better Homes and Gardens Tour Service**
**555 Madison Avenue**
**New York, New York 10022**
**Tel. (212) 688-6507**

Please reserve _____ places for your 11 day tour to Hawaii for _____ (Specify Date) departure date. I will be departing from _____ (Departure City). Enclosed is my check in the amount of $_____ to cover a deposit of $100 for each person in my party. Also enclosed is a list of these persons. I understand I may cancel my reservation for any reason and you will return my deposit in full provided I notify you 30 days before departure date. The remaining payment will be due 30 days prior to departure.

____ I also want to order the optional meal plan (10 American Breakfasts, 3 Dinners and 1 Lunch) which I understand is available at an additional cost of $74, including tips.

____ Sorry, I can't join this tour, but please put me on your mailing list for other Better Homes and Gardens tours.

Name

Street Address

City

State  Zip Code

Area Code  Telephone Number

BN05

Better Homes™

# hopping editor's choice

scover the ease and pleasure of shopping by
il. Order from the convenience of your own
me with complete confidence. If not delighted,
ch company will happily refund your money.

*Ann Lively*

### harming wicker arm chair



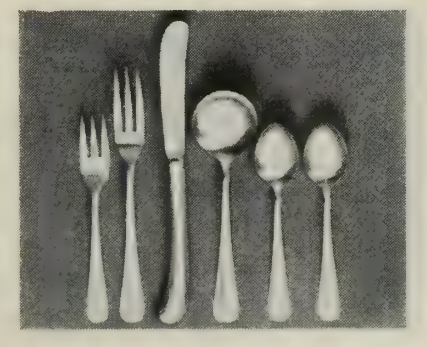
se indoors or out; 38″ x 25″ x
H, $49.95 ea.; 2/$89.95. Seat &
‹ cushions-polyfoam/zippered
ers in floral gold pattern or solid
, black, avocado or tangerine.
95 set. Exp. Chg. Coll. Painted
te $10 per chair. Cat. 25¢. Fran's
‹et House, Dept. BH5, Succa-
na, NJ 07876.

### ave Me Alone . . ."




, I'm havin' a crisis." Kit: design
d-painted on 13″ x 13″ canvas,
nesh per inch, Persian yarns in
des of blk, brn, red, grn, yellow
ay to work the design and off-
e background yarn. Finished
; 10″ x 10″; $17.95 + $1.50 post.
Stitchery, Dept. BH5, Wellesley
, Mass. 02181.

### tol-grip stainless steel



hentic Early American pattern
nificently reproduced. Luxuri-
50 piece set features genuine
ow-handled pistol-grip knives
3-tined forks. You'll set a truly
ant table. $22.95 plus $2 post-
. Order from Crown-Castle, Ltd.,
t. PGS-523, 51 Bank Street,
nford, Connecticut 06901.

### pper ship prints



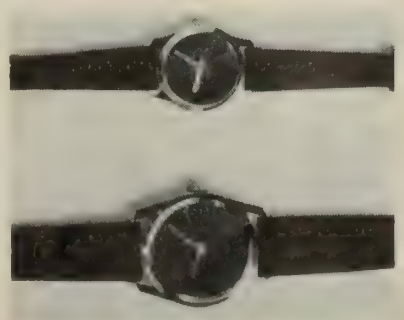
Clipper Ships raced with tea
n China, wool from Australia etc.
y Sark, Red Jacket, Sovereign
he Seas, Flying Cloud in full col-
16″ x 20″. Ideal for living room,
ly or college dorm. 4 prints/
5 ppd. Catalog nautical gifts
. Preston's, 120-E Main St.
arf, Greenport, NY 11944.

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Solvang Clog is lightweight with
-less construction. Of genuine
orated leather with a buoyant
k wedge laminated to a bouncy
ber-like sole. White, red & camel,
s 6½-10 narrow, 5-10 medium,
9 wide. $13 + $1 post. Vickie
yne, 610 S. Country Club, B5A,
son, AZ 85716.

### tch your mood



atch that tells time and feelings.
od stone dial face changes color
eflect your every emotion. Elec-
ically timed Swiss jeweled
vement; in gold plate with black
de band. Men's $14.95; Ladies
.95 + 50¢ post. West-Berg Ent.,
t. BH5, 2842 E. Serendipity Cr.,
orado Springs, CO 80917.

continued




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**LILLIAN VERNON**

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Mt. Vernon, New York 10550




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**4449 Thimble $1.98**
**3 for $4.98**



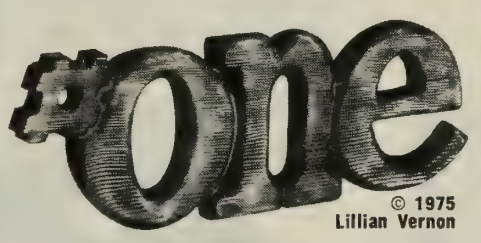
**LUCITE SHOWER CADDY**—Now in crystal-clear or new tortoise-look! Keeps everything at your fingertips—no more "blind man's buff" groping for the shampoo! It has hooks for shower cap and brush, tray for soap, ring for washcloth, secure deep shelf for bottles. American-crafted by Robert Mainly, 6x19½".
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**EXTENSION MIRROR** reaches out to you! New 8x6" shape gives a wider viewing area! Great for makeup and shaving, great for hair styling—a back view with both hands free. Two-faced mirror flips from plain to magnifying, extends up to 30", swivels for best angle and light, folds flat to wall when not in use. Fine polished chrome-plated metal.
**8672 Extension Mirror $14.98**





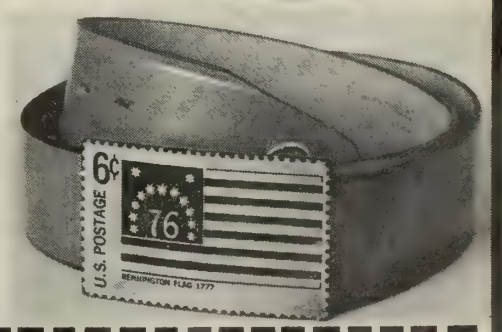

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**ONE FOR FUN!** For his wall, to say he's the greatest. Or for your own, a healthy show of self-esteem. Carved kiln-dried wood, smart burnt-grain look. Ours alone!
**8913 #1 Plaque.** 14x4¾". **$3.98**

**CLING-ANYWHERE GRINDER!** Its unique suction base is immovable—push the lever for a vise-like grip on any smooth surface! Our Italian import, precision-crafted of thick, tough polypropylene, smooth and easy to clean, non-rusting. Comes with coarse and fine metal discs for any grinding or grating, food pusher to save fingers, two extra attachments—one fills sausage or pasta tubes, one makes fluted pastry or cookie strips. 7½" high, avocado green.
**8619 Food Grinder $9.98**



**SOLID PEWTER BUCKLE!** Bicentennial beauty—replica of a famous postage stamp celebrating our proud Bennington flag. Solid cast pewter, deeply engraved—have buckle only, or with our genuine cowhide belt—1½" wide, wear-with-all tan.
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**4447 Hers.** 22-32". **$6.98**
**8331 Buckle only. $4.98**




**LILLIAN VERNON** Dept. H52, 510 S. Fulton Ave., Mt. Vernon, N.Y. 10550

Name _____

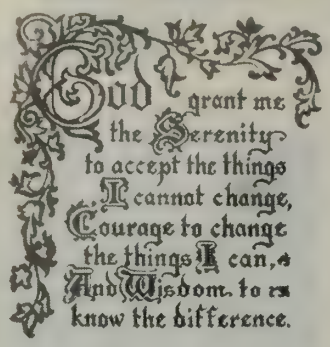
Address _____ Apt. _____

City _____ State _____ Zip _____

**PRINT name and address above . . . don't forget zip code**
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**SERENITY PRAYER**

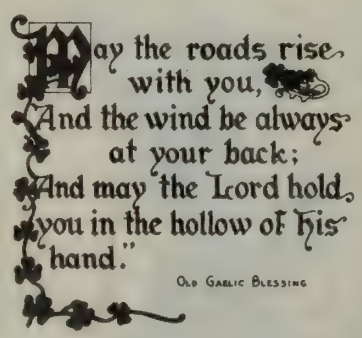


An Irishman is never drunk as long as he can hold on to one blade of grass and not fall off the face of the earth.

**IRISH TIPPLER**

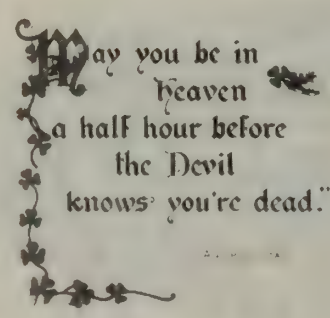



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**GAELIC ROAD**




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**WICKER WALL LAMP**

Handwoven of natural rattan, completely wired with on/off switch, 9 ft. rattan chain & bracket. Shade is 12" dia. x 8". Painted in white, yellow or green, add $2.00. Use up to 100 watt bulb.

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### Red Lion Inn Fringe

On charming unbleached or w country curtains to enhance room in your home. 90" wide pair with jumbo ball fringe (1 dia.) 45", 54", 63", $22.50 pr.; 7 81", 90", $25 pr. Valance $8 ea. $2 postage. Catalog free. Or from Country Curtains, Dept. B Stockbridge, Mass. 01262.



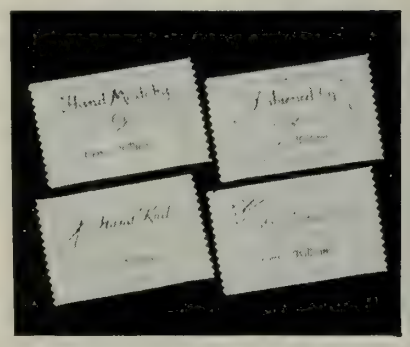
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Imported from China and ma from actual split bamboo and ha painted by skilled oriental maste in brilliant colors. No two exa alike! 12" x 36", $5; 2/$9; 4/$16 + 50¢ per panel. (Add sales where applicable.) American C sumer, Dept. BW-15, Caroline F Philadelphia, PA 19176.



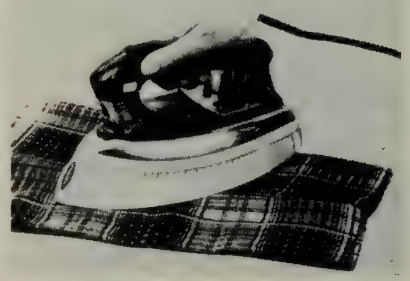
### Sterling Silver nugget

Suspended on a Sterling chain L to form an elegant penda Approx. 48 grains (2 pennyweig weight will vary from nugget to nu get, cast from 10 different mol Style Q-223, $24.95 + $1.50 p Shipped Insured Air Mail. Colora Mint & Foundry, Dept. 3025, E 7025, Colorado Springs, CO 809



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...log of gifts, jewelry and decor, ... selected for its unique quality, ...d taste & affordable price. 100-... catalog offered along with a ... Solid Brass Bookmark en-...ed. Print initials. Send 25¢, ...e, address, zip to Lillian Vernon, ...t. H5E, Box L.V., 510 South ...on Ave., Mt. Vernon, NY 10551.




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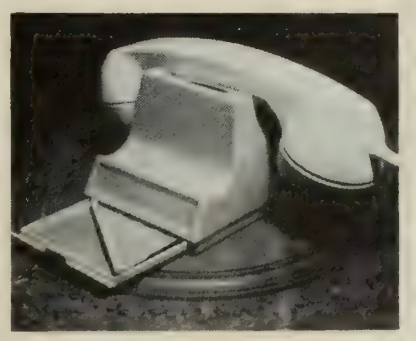
### ...r a variety of stitches

...ke Mini Pillows; Set one: Mouse, ... Owl in Pinks & Gray. Set two: ...rt, Flower, Smile, in Red, Pink & ...ow. Set Three: Fish, Frog, Bug, ..., Green & Yellow. Approx. 9" x ...a., #10 canvas, Paternayan yarn. ... 3/$18.50. Cat. $3.50. Carmel ...dleworks, Lincoln bet. 5th & 6th, ... 3383, Carmel, CA 93921.



### ...sical phone rest

...easant way to hold the phone, al... the waiting party to hear cheer-...music. Reassures caller that the ... has not been disconnected. Play ...ura's Theme"; features memo ...e and marker for messages. 4½"L, ..., $5.98 + 60¢ post. 2/$11 + $1 ...t. Stratford House, BHG-5A, ... 591, Stratford, CT 06497.



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...utiful and useful too; swan artis-...lly hand-shaped and blown by ...nted craftsmen. Magic liquid ...eps up or down as the atmo-...ere pressure changes. A most ...rming and unique gift. $1.98; ...2.99 plus 50¢ post. Order from ...erican Consumer, Dept. GWS-56, ...oline Rd., Phila., PA 19176.



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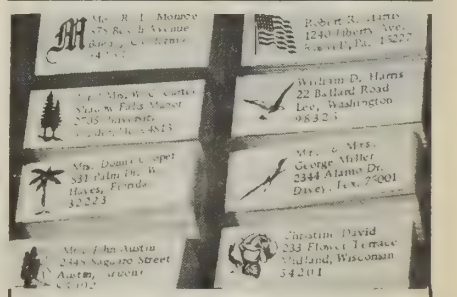
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Floor-to-ceiling plant stand fills a corner with flowers, makes a good room divider. Spring loaded pole fits ceilings up to 9'4" high, is easily assembled and installed in minutes. Four 8" arms swivel and adjust up or down.

Plant Pole **$7.99**
Set/2 Extra Arms **$1.25** plus $1.00 pstg.

HOLIDAY GIFTS
Dept. 405-G
Wheat Ridge, Colo. 80033



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Any Initial, American Flag, Pine, Gull, Palm, Roadrunner, Saguaro, Rose (Also, Texas Flag, Maple Tree, Treble Clef, Palette). Up to 20 letters per line, 4 lines. Printed in black on white or gold gummed labels 1½"x½". 500 on white or 250 on gold, $2.50 ppd. Or on Deluxe Size, 1¾" long, $3.50 with design or $2.50 without, ppd. Specify Initial or Design desired. Via 1st, add 36¢. Bruce Bolind, 155-L Bolind Bldg., Boulder, Colo. 80302. [Since 1956, thanks to you!]



# REMOVE HAIR FOREVER

PERMA TWEEZ electrolysis—seen in medical journals—safely and permanently removes all unwanted hair from face, arms, legs and body. **This is the *only* instrument with special U.S. patented safety feature that destroys the hair root without puncturing skin.** 'Tweezer-like' action gives permanent results and saves hundreds of dollars over salon electrolysis. Clinically tested—recommended by dermatologists.

**14 DAY MONEY BACK GUARANTEE**

**$16.95**

**Send check/M.O.**

A LIMITED WARRANTY TO CONSUMERS • Good Housekeeping • PROMISES REPLACEMENT OR REFUND IF DEFECTIVE

*Cal. res. add 6% sales tax*



**GENERAL MEDICAL CO.,** DEPT. BH-139
1935 Armacost Ave., Los Angeles, CA 90025

- ☐ I enclose $4.00 deposit and pay balance COD postage.
- ☐ I enclose $16.95 in full payment and save extra COD postage.
- ☐ BankAmericard/Master Chg. # Expiration date

Name_____

Address_____

City/State_____ Zip_____

Mfr. of Professional & Home Electrolysis Equip.

# EASY-LIFT



**LIKE A HELPING HAND.**

Many people—senior citizens, arthritics, and those suffering from Multiple Sclerosis, Muscular Dystrophy or Parkinson's disease—need help getting in and out of a chair. The EASY-LIFT power cushion recliner gently lifts you forward as well as up to a semi-standing position. The lifting angle adjusts to fit your needs, controls are easy to reach, and it runs on household current. EASY-LIFT—like a helping hand.

**WRITE FOR FREE BROCHURE**

***AMERICAN STAIR-GLIDE CORP.***
4001 East 138th Street, Dept. BHE-56
Grandview, Missouri 64030



## NO MORE WET HAIR

Keep hair dry while bathing or swimming. Absorbent Dry Band protects against moisture. Keeps hair-do safe, dry. Easy to use—practical for all ages. Simply wrap polyfoam band around head to cover hairline. Wear under shower or bathing caps. Adjustable.

**DRY BAND .....$4.98 + 45¢ Mailing**

**Calif. residents add 6% sales tax.**
**Satisfaction guaranteed.**

*Anthony Enterprises* Dept. BHG-56
556 Mission, San Francisco, Calif. 94105



## "EFFORTS"

One of the most lovable pictures ever created. This antique brown reprint, originally published in 1929, is sure to be the perfect addition to your bathroom or child's nursery. Each print measures 11" by 14" and is ready for framing. A charming gift idea for friends. Only $1 each plus 25¢ ptg. or 3 prints for $2.50 ppd.

MELANIE'S ANTIQUE PRINTS
BH-6, Box 2245, Youngstown, O. 44504



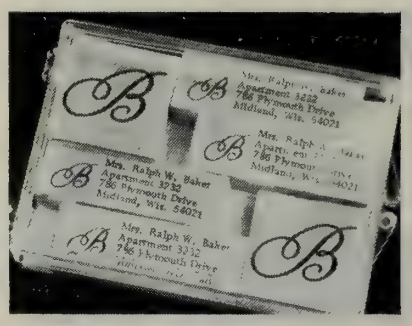
### A versatile sandal

You'll enjoy all spring and sumr Made of soft leather uppers one-inch crepe soles. Straps ad to fit any width. Choice of Dark T White, Bone; sizes 4 thru 12. $1 plus $1 post.; sizes over 10 $1 e Order style "Pamela". Sofw Shoes, Dept. BH-5, 1711 M Houston, TX 77002.



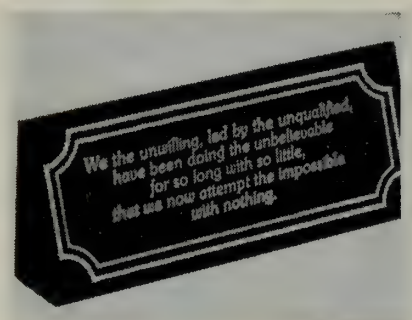
### Pretty carefree shift

Cool & comfortable shift is re for the hottest summer days. E to wear, made of polyester/co fabric in assorted prints; so pract for store or shore. Sizes 10- $4.25 each, 2/$8; sizes 42-44- 2/$9 + $1 post. Free color b chure. Wendy Dale, Box 91-B Newton Centre, MA 02159.



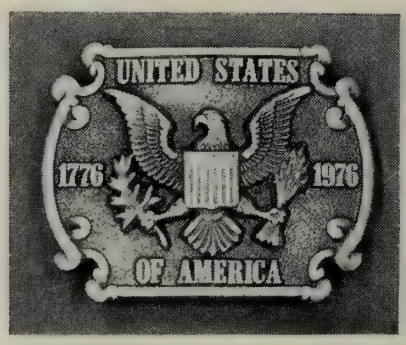

### Golden label set

Features 250 black-on-gold sc initial address labels 1½" x ½", 125 matching gold initial envel seals, 1" x 1". To 20 letters per li 4 lines. For correspondence, che etc. Print name & address. $3 (via 1st, add 46¢) 80 pg. catalog 2 Bruce Bolind, BH5 Bolind Bl Boulder, CO 80302.




### "We the unwilling" marker

A humorous essay presented rat unclearly—or is it? Silver letter engraved in solid oil-rubbed waln gold border highlights the wordi 4½" x 2". Order style Pf51, $2 ea., ppd; 3 or more $1.95 ea postpaid. Order from Spear En neering, Box 7025, Dept. 30 Colorado Springs, CO 80933.




### Bicentennial belt buckle

Get in the (Spirit of '76) with t solid brass-plated, raised-re Eagle Belt Buckle. The latest fashi with jeans-n-things for your b (his too). Snaps on easily in pla of existing buckle, 2½" x 3½ $5.99 + 35¢ post. Order From H day Gifts, Dept. 405-U, Wh Ridge, Colorado 80033.



### Delightful home plans

One of 230 designs of 1½ & 2 st homes. Other books: 185 desig on One-Story homes over 2,000 s ft.; 250 One-Story under 2,000 s ft.; 180 Multi-Level; 223 Vacati Homes. $2.25 per copy. All fiv $7.95 ppd. Blueprints avail. Hor Planners, Dept. BHE65, 16310 Gra River, Detroit, MI 48227.



### Durer: The Hare

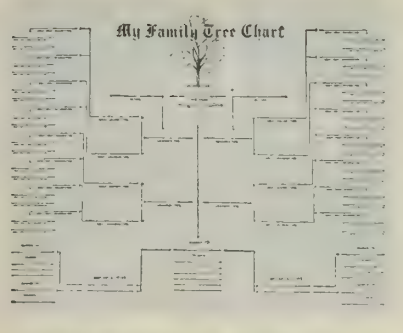
Lithograph on artist canvas 18" 24", browns, beige, gold and tar $7.95 + 95¢ post. Stretched wooden bars $11.95 + $1.95 post; framed in blk. wood, silver chrom line trim $24.95 + $1.95 post. C free with order or $1. Lambert St dios, Inc., Dept. 18, 910 No. La C nega Blvd., Los Angeles, CA 900

### ...r an anchor pendant



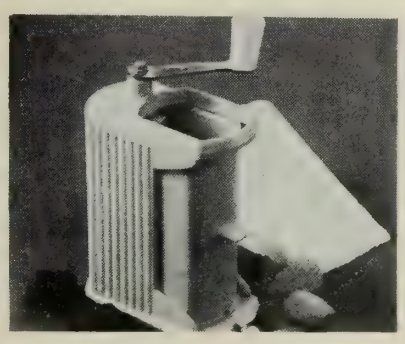
...ique fashion accent for a nau- look. In choice of 14kt. Gold ...erling Silver, 1⅜" long comes ...an 18" chain and a removable ...kle. In sterling with sterling ... $18. In 14kt. gold with 14kt. ... chain $95 ppd. Tal Creations ... Dept. BHG-5, Box 1028, FDR ... New York, NY 10022.

### ...ce your ancestry




... Family Tree Chart" makes it ...nating and easy to compile your ...y lineage. On heavy antiqued ...hment paper, with instructions. ...es for 6 generations, 17" x 22" ... + 40¢ post.; 8 generations ...x 34" $2.95 + 50¢ post. J. W. ...t, Inc., Dept. BC-56, 1864 E. ... 23, East Tawas, Mich. 48730.

### ... Grate-Est new design



... shape fits your hand perfectly. ... in cheese, chocolate or nuts, ... your fingers press the sliding ...d inward to grate the last bit. ... fingers can't touch circular ...er; stainless steel & plastic. ...H. #8970, $3.98 + 50¢. Lillian ...on, Dept. H5E, 510 S. Fulton ... Mt. Vernon, NY 10550.

### ...ctric facial mask



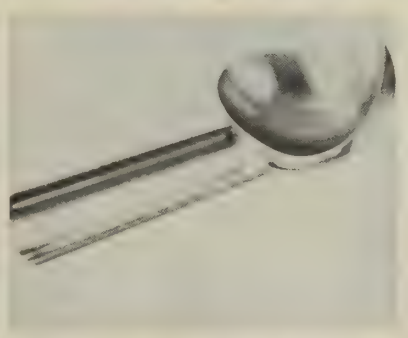
...gned to apply heat to both up- and lower sinuses to help dry ...ongestion from colds and aller- ... Three settings for moist or dry ... washable flannel cover. You'll ...so comfortable you'll wonder ... you ever lived without it. $11.98 ...5¢ post. Harriet Carter, BHG- ...65, Plymouth Meeting, PA 19462.

### ...eapple cutter



...ckly cuts, cores and peel a ...h pineapple with one downward ...s. Made of stainless steel ser- ...d blade, aluminum handle. Also, ... be used for cutting and coring ...r fruits. 7½" high, $3.50 ea., ... 2/$6.50 ppd. Style Q-40. ...ar Eng., Box 7025, Dept. 3031, ...orado Springs, Colorado 80933.

### ...azing ice cream scoop



...ops ice cream like magic; self- ...osting liquid hermetically sealed ...andle, lets you cut through cold- ... ice cream with ease. Lifetime ...on . . . never loses its power, ...tary, rustproof. Deluxe Ameri- ... made $5.95; import model $1.95 ...5¢ post. ea. Holiday Gifts, Dept. ...-K, Wheat Ridge, CO 80033.

### ...rsonalized racquet cover



...r name in bold red lettering is ... feature of this rugged, durable ... cover. Bold red, white and blue ...es & blue stitch trim accent ... white cover. Inexpensive identi- ...tion and protection for your ...quet. $2.99 postpaid. Walter ...ke, BH63 Drake Building, Colo- ...o Springs, CO 80940.

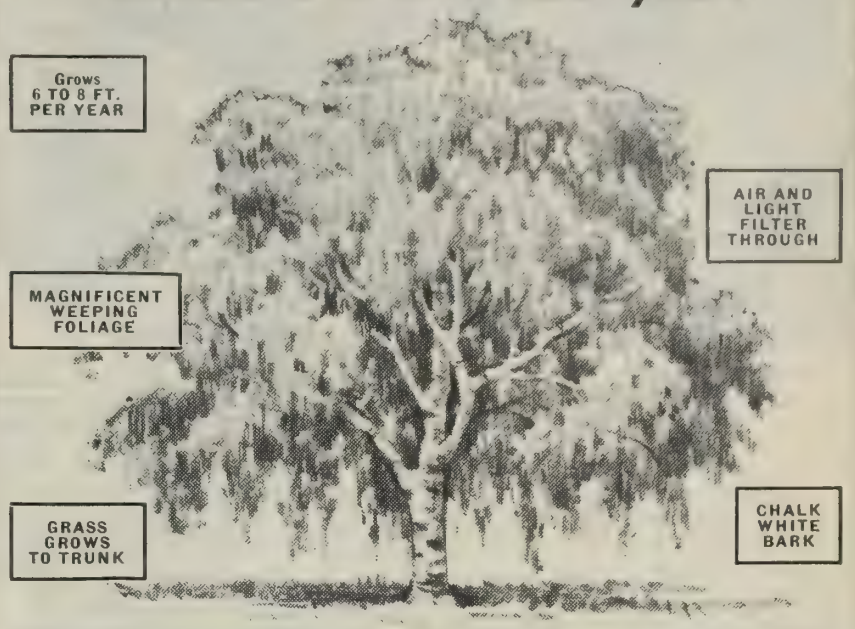
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**SILVER WEEPING BIRCH**

***Streaks 6 to 8 ft. each year!***




**One of America's most beautiful weeping trees grows up to 8 ft. in one year. Decorative silver-white bark. Long arching branches that trail gracefully toward your lawn.** Plant several 12 ft. apart for a towering dramatic screen that provides privacy very quickly. Long bright green foliage in early spring permits sun to filter through. (Grass grows tight to trunk), turns golden in autumn. Tiny, finely cut leaves gives airy, open effect. Striking shape, chalk-white bark. Creates 12 month landscape beauty. Grows 40 to 60 ft. Thrives almost anywhere in both wet or dry soil. Fabulous dramatic effect, cooling shade. Privacy fast.

**FULLY GUARANTEED**

You must be delighted or notify us within two weeks for replacement. Sturdy 2-3 ft. seedling trees, hardy root system. Available now at special "get acquainted" prices if you order quickly.

2 to 3 Ft. ☐ $2.98 each ☐ 3 for $7.00 ☐ 6 for $13.00
☐ 12 for $25.00 ☐ 24 for $48.00 ☐ 48 for $80.00 ☐ 100 for $145.00

**COMBINE ORDERS WITH FRIENDS & SAVE!**

**Easy planting instructions included. Add 10% of total order for postage & Hdlg. (80¢ minimum). Send check, money-order or charge to Master Charge, American Express, BankAmericard. Include account # and club name. No charges under $10.00 accepted. Order now. Live delivery guaranteed.**

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This WINDOW AND WINDSHIELD CLEANER Is Terrific!

Highest Quality!




$5.75 ea. + 60¢ post.

SAVE! 2/$10.95 (ppd.)

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Used by service stations all over America. The **professional** washer for home windows and car windshields. Nylon-reinforced sponge for grime, bugs. 8" rubber blade swipes clean & dry — fast! Mop handle socket for tall jobs. **Satis. Guarantee.**

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**CosmoPedic™**

THE WORLD'S MOST COMFORTABLE SHOES



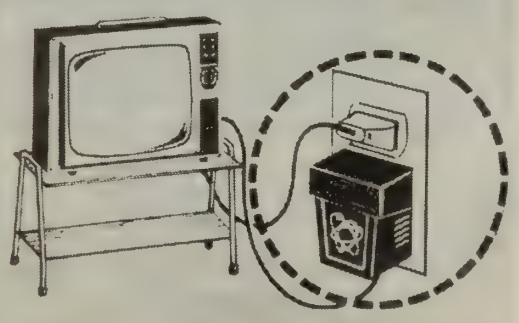

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*NOW ONLY*
$9.99

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**Genuine Leather Smooth or Sueded** Cosmopedic arch assures comfort thru long hours on your feet. Stitched collar prevents chafing at ankle. Cushioned insole; neoprene plantation crepe sole. Women's Half Sizes 5 to 10; also 11. Widths B,C,D,E,EE, EEE .....$9.99 pair plus $1.25 postage
**M203562B-Tan | M203687B-Black | M223693B-White | M223784B-Brown sueded leather**

LANA LOBELL, Dept. M-3120, Hanover, Penna. 17331

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Attaches to rear of TV set and into any AC/DC outlet to bring in marvelously crisp, clear pictures and eliminate all manner of ghosts and electronic gremlins. Unseen antenna eliminates need for ugly roof equipment or old-fashioned rabbit ears. For AM/FM, UHF/VHF, Black & White or Color sets.

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Satisfaction guaranteed.

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| 7¼" | $2.98 | 8¼" | $3.98 |
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Add 60¢ Post. & Hdlg. Each
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"TALLY" — The big news is canvas, in our softly gathered and rope-tied sandals with comfortable, foam-cushioned insoles and crepe soles . . . rope-covered platforms and 2 inch wedge heels. Colors: Beige, Yellow, Green or Navy. $12.95. Sizes: Narrow 6 through 12, Medium 4½ through 12. No half sizes over 10. No wide widths. $1.00 extra per pair for sizes over 10. Add $1.25 postage. Refund if you are not delighted. Free catalog. Write SOFWEAR SHOES, Dept. TY, 1711 Main, Houston, Texas 77002.



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## Personalized Memory Mug

A gift that's his alone to cherish! He'll toast you for it, because it carries every child's name and birth date (room for any number). Classic 4¾" mug with glowing pewter finish and traditional glass bottom. A Father's Day find! PRINT names.

#301—Memory Mug ..... $1.98
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The extra phone you can use with no rental at all. Comes completely equipped with dial, bell, standard cord and plug, ready for instant use.
SEND 50¢ FOR CATALOG
Big Variety of other phones

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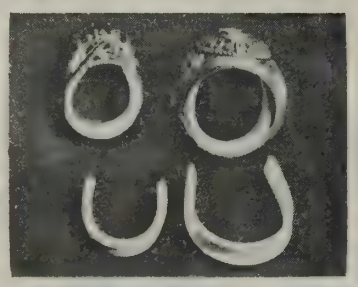


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Birds perched on green foliage in golden basket, chirp when gentle breeze sways the nest. Use outdoors on porch or patio, 4" dia.

**$1.98** plus 35¢ pstg.

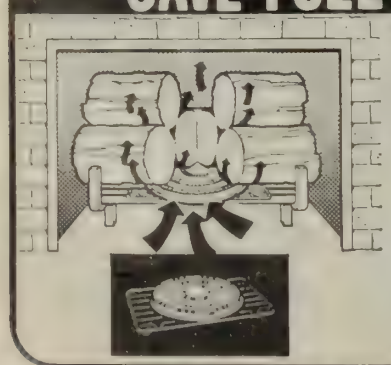
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**MAKE YOUR RINGS FIT RIGHT!**

Are your rings too loose once they're over your knuckles? Do they slide around your fingers uncomfortably and unattractively? RIGS (Ring-Insert-Guard-Sizer) will hold your rings in place simply and effectively. RIGS (Pat. Pdg.) are vinyl liner-guards which slip inside the ring once it's in place, and stop slipping. Works for any size, women's or men's. RIGS even hold boys' rings in place on girls' fingers. Guaranteed. $4.00 ppd. RIGS, Dept. 65, Box 1039, Longmont, Colo. 80501.

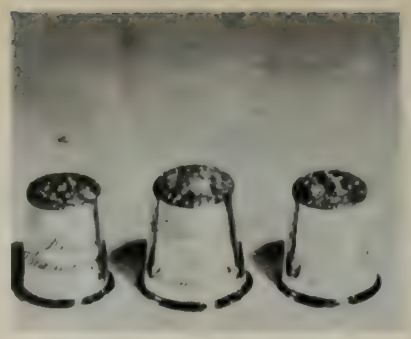
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NOW — a log-saver that gives you hotter, longer fires at less fuel costs! It controls the air supply, holds the coals, and keeps the heat in the room. LOG-SAVER uses the heat that used to go up the chimney, propels it out into the room where it's needed. This all-metal device fits all types and sizes of fireplaces.

only **$9.95** PPD
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Hand-engraved, #3997 Signa Thimble; up to 12 letters $10.95 ea. add'l letter 75¢. #3996 Anni sary $9.95; personalized 50¢ letter/or number. #3995 Wed Thimble $11.95 ppd. ea. add'l 50¢. In sml, med. or lgr. Cat. The Sewing Corner, Dept. 420. 11 14th Ave., Whitestone, NY 11



### Fiddleback stainless

In celebration of the 200th anni sary of our country, a 48-pi service for 8, Americana Fiddlet Flatware. With an additional 6-p matching hostess set. All in st less steel . . . *sale price* $17.7 $2 post. Crown-Castle, Ltd., D FB-536, 51 Bank St., Stamf Connecticut 06901.



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Firms your old or over-soft matt while it flattens sagging b Portable Folding Bed Board full 5′ long (½″ thick) and folds four 15″ sections. Cot size or side of double bed $8.95; Twin $10.49; Double bed (2 secti $15.49. Better Sleep, Inc., D BH5, New Providence, NJ 0797



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Use the amazing wicks to feed the right amount of water for u 8 weeks. Insert one end of the in soil, the other end in water. D worry about thirsty plants when trip. Will not rot or mildew. Se 4/$2.98 + 45¢ post. Anthony Er prises, Dept. BHG-56, 556 Miss San Francisco, CA 94105.



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Carry-All Bag in leather-look v center compartment, two poc outside, two inside. 10″ x 9″; flap, metal clasp secures clos Adjustable strap. In wht., blk., n red, beige, tan, yellow; also, & three-color combinations. $ ppd. Texan Handbag Co., Dept. E Box 3073, Abilene, TX 79604.



### Posture maker

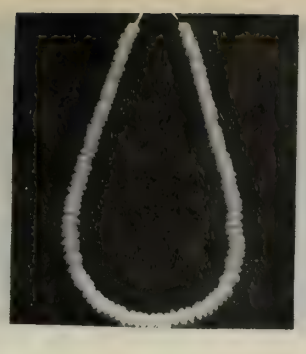
Can help both men and women rect slouch and slump. Also, hel in holding your body straight, sh ders back and head high. Soon automatically assume the posi nature meant you to have. One fits all, $3.98 + 50¢ post. Amer Consumer, Dept. PM-143, Carc Rd., Philadelphia, PA 19176.



### Ensemble for the bedroor

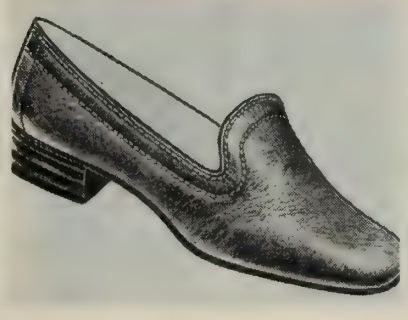
Nat. or Wht. 65% poly, 35% cot wash & dry. Dust Ruffles 14″, or 22″ drops; Twin or Double, Queen $17, King $20; Coverlet, T or Double $29.50, Queen or $45. Canopy, Twin or Double Add $1.75 post. Catalog Colonial Maid Curtains, Dept. E Lawn Ter, Mamaroneck, NY 10

### ...valian Puka necklace



...tiful pearl white Puka Shell ...lace to enhance your wardrobe. ...ely hand made by skilled Ha... ...n craftsman using gem quality ...ctly matched tiny Puka shells. ...t yourself and buy some for ... $12.50 + 90¢ post. Rarities, ... BH-5, 256 S. Robertson, Bev... Hills, CA 90211.

### ...you looking for comfort?



...this smart looking shoe to your ...robe. Soft leather uppers with ...⅛ inch heels. In narrow, medium ...ide widths. Choice of white, ...e camel, black or gold. Sizes 4 ...12; $13.95 + $1 post. Sizes over ...1 extra. Order style "Mandy" ...ear Shoes, Dept. BH-5, 1711 ..., Houston, Texas 77002.

### ...oker called primitive



...n import gleams with silver... ...r metal balls and discs, threads ...n in hypnotic symmetry, adds ...k "cog" spacers and a jet leather ...g for contrast. Rich spiral finials ...ated at sides. 14½"L. #8962, ...B + 45¢ post. Lillian Vernon, ...K. H5E, 510 S. Fulton Ave., Mt. ...on, New York 10550.

### ...rm system decals



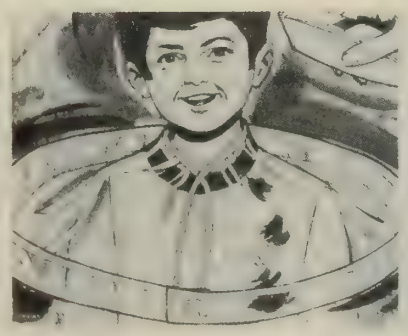

...st in the war on crime with these ...adhesive vinyl stickers. Crooks ...t wait to see if there's an alarm ...nd these decals. 4 bright yellow ...n stickers for inside and outside ...lass. Set of 4 Decals/$1.98 + ...post. Order from Anthony Enter... ...es, Dept. BH-56, 556 Mission, ... Francisco, California 94105.

### ...ur own Photo-Mug



... insulated, keeps drinks hot and ... longer. Select a color or black/ ...e print (not returned). Photo ... is 1¾" in diameter. Fill frame ...uch as possible from the shoul... ... up; keep background simple. ...5 + 35¢ post. and handling. ...anne Studios, Dept. BHM, Box ...2, Long Island City, NY 11101.

### ...ir catch-it tray



...ust for every home and barber ...p. This handy catch-all hair tray ...ade of soft plastic, wipes clean ...ly and ties on quickly. Keeps ...y hair from falling down back or ...he floor. Ideal when giving home ...manents, no spots & stains. $1.69 ...35¢ post. Holiday Gifts, Dept. ...-N, Wheat Ridge, CO 80033.

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...h pair of pierced earrings is ...de of genuine leather. The ear... ...s are delicately hand painted, ...king each pair unique. They're ...tweight and graceful; wonderful ... your casual clothes. $2.98 plus ... postage. Order from Romar ...es, Dept. RS-9G, 380 Madison ..., New York, NY 10017.

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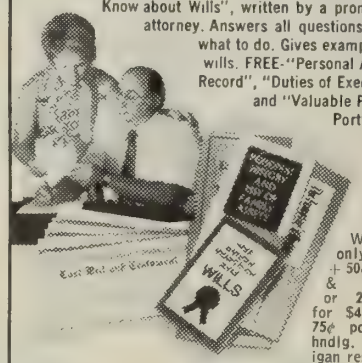
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24 ft. wide x 36 ft. long x 18 ft. high, featuring three 9 ft. x 12 ft. stalls. Dutch doors to each stall. 17½ ft. x 8½ ft. tack room, 6 ft. x 9 ft. grain room, 12 ft. x 25 ft. with a 9 ft. sliding door to accommodate pick up truck, tractors, etc. 4 ft. rear sliding loft door. Concrete floors and stamped clay for stall area. Send $8.00 for step by step plans and material list. Also 24 ft. x 36 ft. x 18 ft. all purpose barn minus horse barn features $6.00.

**HAMMOND BARNS**
**Dept. BH54**
**Box 584, New Castle, Ind. 47362**

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**MAKE YOUR WILL?**

Why delay? Be sure your wishes and possessions will be handled as you desire. Get full details with this Will Kit. Includes 4 WILL FORMS and up-to-date 64-pg. booklet, "What Everyone Should Know about Wills", written by a prominent attorney. Answers all questions. Tells what to do. Gives examples of wills. FREE-"Personal Assets Record", "Duties of Executor" and "Valuable Papers Portfolio."

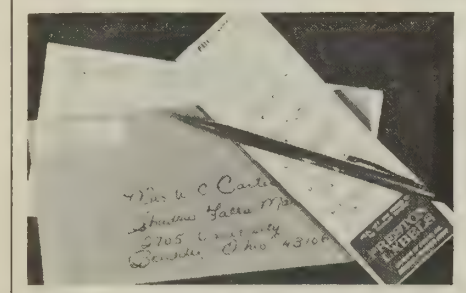



Complete Will Kit only $2.00 + 50¢ post. & hndlg. or 2 Kits for $4.00 + 75¢ post. & hndlg. Michigan residents please add 4% for sales tax.

Offer void in New Jersey

Send check or M.O.

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Identify possessions, correspondence too. Black ink on gold, silver or white labels, 1¾"x½"; pastel labels in blue, pink or yellow. Any message up to 26 letters per line, up to 4 lines. 225 for $3; 450, $5; 1000, $10. 80-page catalog, 25¢. Bruce Bolind, 155-P Bolind Bldg., Boulder, Colo. 80302

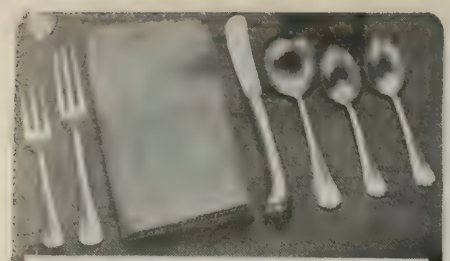


**BUFFET CADDY**

Serve a buffet elegantly. Woven straw caddy totes silverware, plates and napkins in style, whether serving in or out-of-doors —ends extra trips to kitchen. Double carrying handle prevents tipping. Attractive 11x5x7" caddy is great for picnics, handy for patio.

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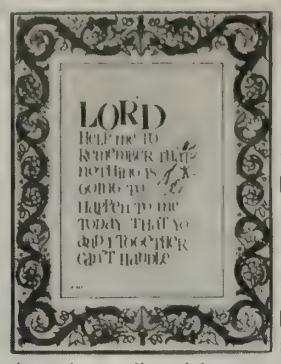
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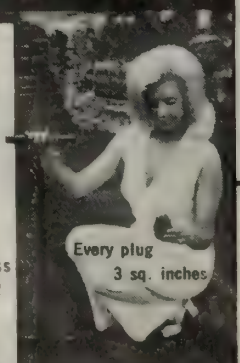
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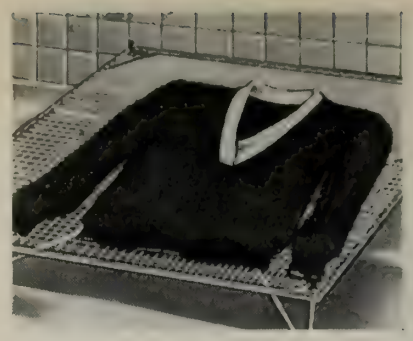
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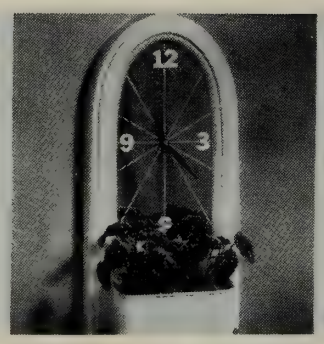
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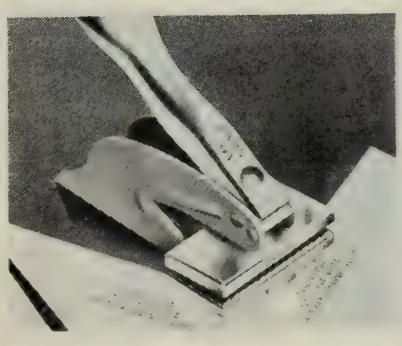
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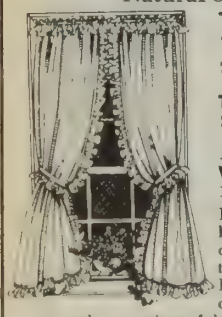
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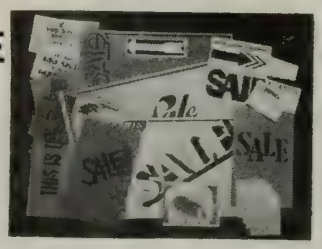


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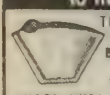
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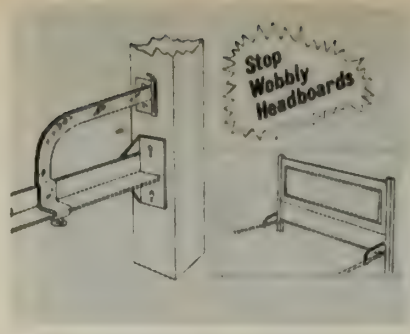
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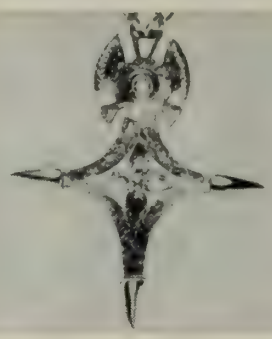
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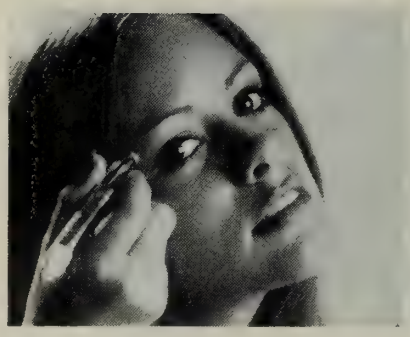
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A distinctive piece of jewelry delicately carved and plated. Legend says it has the power to affect the destiny of those who wear it next to their skin. Matching 24" chain. Silver electro-plated $8.98, gold electro-plated $9.98 + 50% post. American Consumer, Dept. NC-89, Caroline Rd., Phila., PA 19176.



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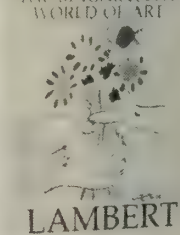


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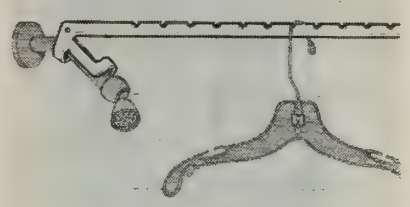
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### Handy hang-dryer



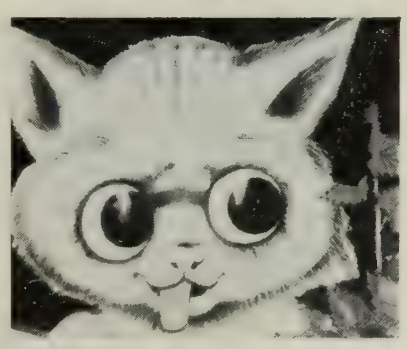
Convenient and space-saving dryer fits all shower heads. Dry your washables overnight, slips on and off instantly; fits in any suitcase. Of solid steel, white rustproof vinyl finish. Holds 11 hangers. $3.25 ea.; 2/$5.75 + 50¢ post. American Century, Dept. 305E6, Box 36232, Los Angeles, California 90036.

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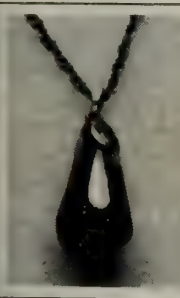
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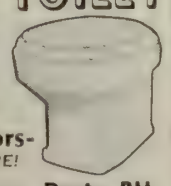
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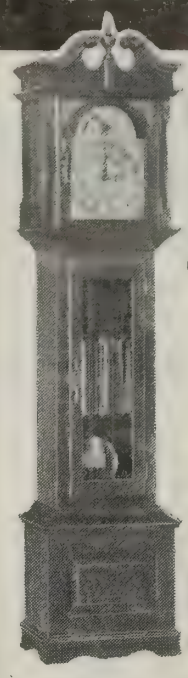
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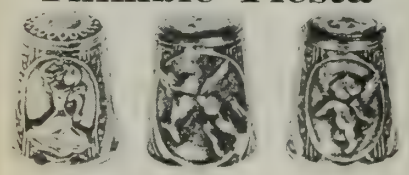


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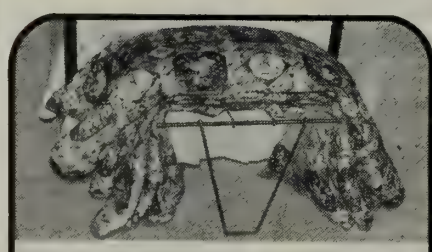
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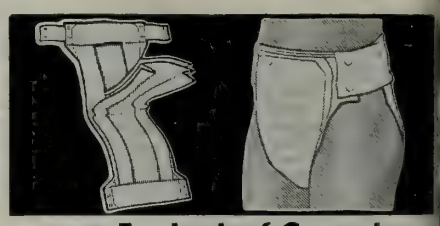
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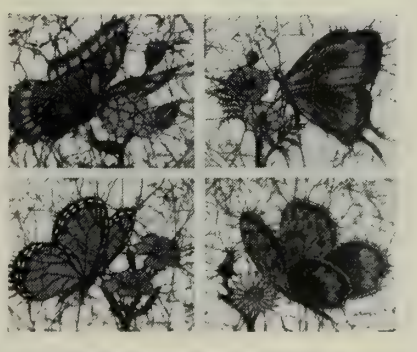
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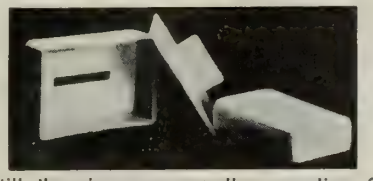

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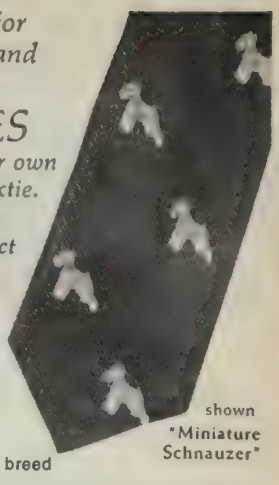
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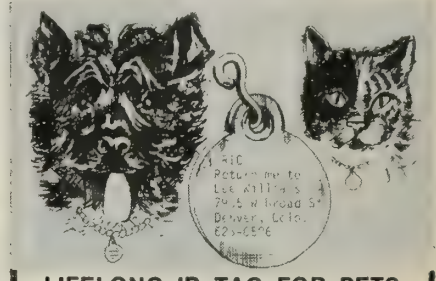


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### "DIAMOND TOTE" BAG

**$6.25** *ppd*

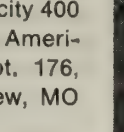


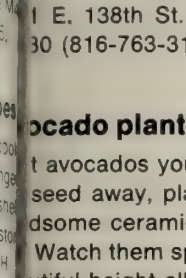
Converts from handbag to shoulder bag, 10″x12″ with 5 big pockets. Zipper closing. Soft, leather-look vinyl in black, brown, red, navy, white, bone. In blue denim vinyl, $6.95. Check or money order, prompt delivery and money-back guarantee. Distributors wanted. Color Catalog Free.

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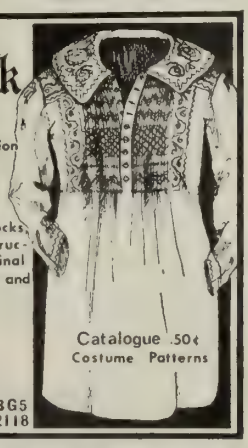
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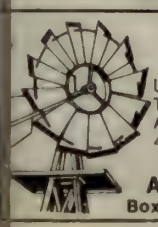
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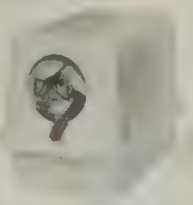
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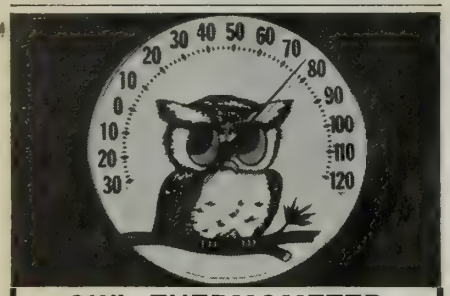
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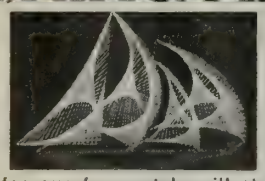
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**HOLIDAY GIFTS**

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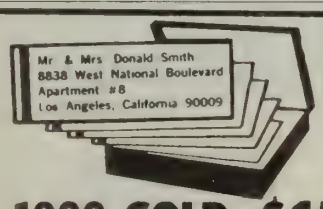
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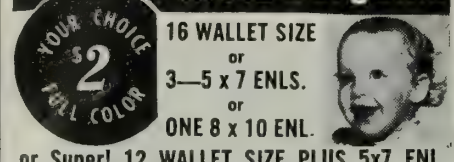
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**115 FOREIGN STAMPS** for 25c postage, handling. Others on approval. Globus, New York, N.Y. 10010. Dept. B.

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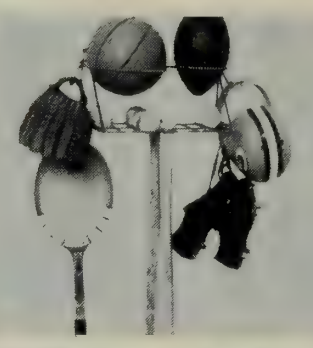
### Mortarboard frame

Personalized silk moire 4" x 4" graduation cap with matching tassel and engraved brass tag. 2½" gold-tone frame protects photo under clear acetate. For proud parents or grandparents to display a cherished photo. #1345, $3.98; 3/$9.98 + 50¢ post. Lillian Vernon, Dept. H5E, 510 S. Fulton Ave., Mt. Vernon, NY 10550.



### Handsome bit of nostalgia

On Father's Day a solid pewter hand-crafted bell-shaped inkwell with its own genuine quill pen. Lovely on his desk at home or in the office. Well 2"H; White quill 10"L $14.75 ppd. Early American catalog free with order or 50¢. Sturbridge Yankee Workshop, BHG Brimfield Tpke, Sturbridge, MA 01566.



### Handy sports caddy

Everything organized and easy to find. Made of top-quality steel, easily assembled in seconds without nuts, bolts or screws. The items to be stored are limitless, a must in every household. 17¼"L x 10½" H x 7½"W, order style Q-56, $7.50 ppd. Spear Eng., Box 7025, Dept. 3026, Colorado Springs, CO 80933.



### Yards of fake diamonds

Six sparkling ½ carat size simulated on a yard of gold wash chain. Precision cut and faceted like the real thing, $9.95. Also, with five "diamonds," 45" chain, $9.95. With two "diamonds," 15" chain, $9.95. All 3 $19.85 + 60¢ post. (Add sales tax. American Consumer, Dept. DT-107, Caroline Rd., Phila., PA 19176.



### Stylish all day comfort

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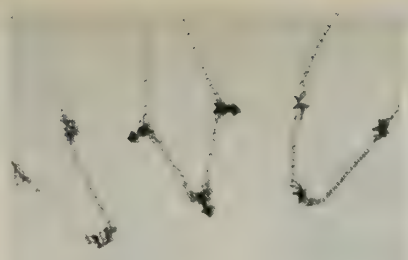


### Dial-In-the-hand telephone

Improved version of original T-line phone called "Contempera"; use on desk or wall. Extra disconnect button enables you to dial another number without hanging up. Choice of red, white, blue, green, ivory, beige and mauve. $49.98 + $2 Shp Chg. Cat. 50¢. Grand Com, Dept. BH-5, 324 Fifth Ave., N.Y., NY 10001

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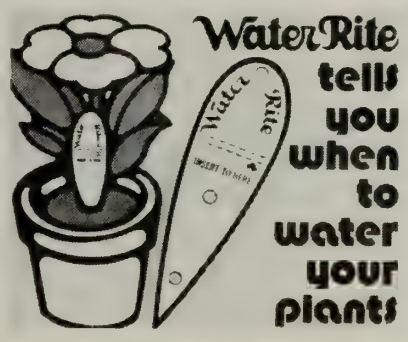
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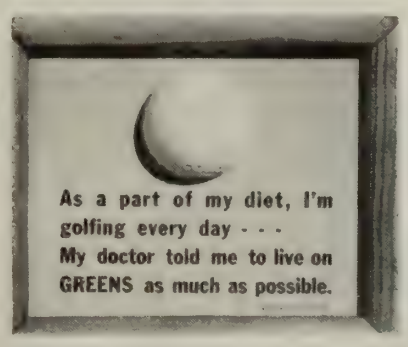
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### Sleeps and eats golf?

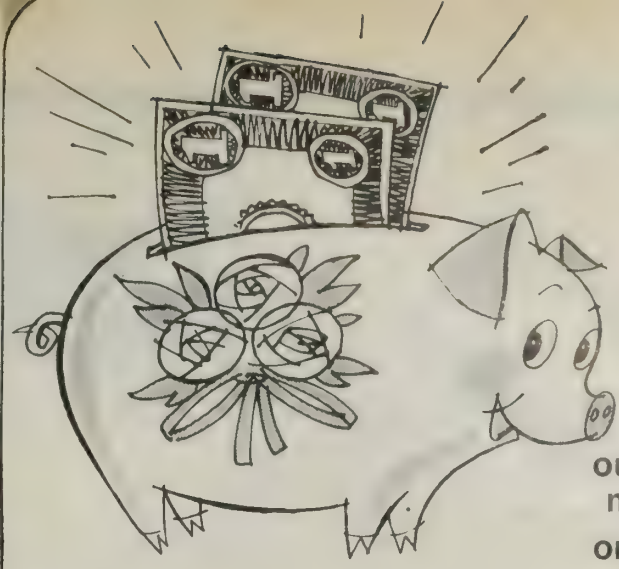
Framed and ready to hang, a tasteful joke for the serious golfer. With green backing and replica golf ball dear to his heart. Hang it in the playroom, den or his office. A gag gift for every golfer. $3.98 + 50¢ post. Anthony Enterprises, Dept. BHG-56, 585 Market, San Francisco, California 94105.




### These are for the birds

They're Natural Homes, handcrafted from nature's own Hard Oak and Hickory; sure to catch a bird's attention. Choose from A-Frame on Left, Nesting Box in Center, the Round-Top on Right. $10.95 each, ppd. Save on all three/$29.95. K. C. Zoysic Turf Farm, Dept. B5, Bucyrus, Kansas 66013.



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# The Man Next Door®

Last summer Rosemary waited tables at a resort where there were a lot of "cute" college boys, but this year she will be working at a restaurant that caters to an older and more affluent crowd. "A boy is a boy," she explains, "but a good tip is hard cash."

---

Peg Bayless is urged by her friends to go some place new on her vacation this summer. She admits different scenery might be nice, but could she count on finding bridge partners?

---

Proud as we may be of our nation's great traditions, it's going to be quite a while after the Bicentennial is over before I, personally, will want to hear the word "heritage" again.

---

Martin Daley reluctantly admits he isn't taking those long daily walks the doctor recommended, but points out that the weather is so nice he thinks about them more often.

---

At 13, my son, Bud, is having a mediocre year with his baseball team. He says you lose a step or two of speed as you approach middle age.



*"Thank God I'm a country boy . . ."*

---

The other day I saw an advertisement announcing the opening of yet another decorative candle boutique. I figure that no matter what happens to other forms of energy, we'll probably be able to live off our candles for another century or two.

---

Food prices are high, Sally Strauss conceded when I ran into her at the supermarket. But with her husband, Nate, back on a payroll for the first time in a year, she says it's a privilege to complain about them.

---

Aunt Opal, embarrassed about the low mileage on her older model car, called to inquire if we knew of any law against having the odometer turned forward.

---

For the past couple of springs I have missed the convertible car. Some are still around, of course, but it's nothing like the old days when convertibles seemed to burst open along with the flower buds.

---

*As the bride and groom left the church, I happened to look at Rosemary, sitting beside me, and I saw her eyes glowing.*

*That one glance at my 19-year-old daughter seemed to show me her future—a beautiful bride with a perfect husband and later with perfect children.*

*Driving to the reception, I made a remark about my plans to be a father-in-law and grandfather some day—and quickly was brought up short.*

*"Don't count your chickens too soon, Dad," my daughter said casually. "I might not ever get married—and even if I do, I might not want children."*

*That quiet comment surprised me. For days it moved around in my mind, sometimes hurting.*

*Could this really be our daughter's attitude? Had our family life really been so bad that it soured Rosemary on the idea of marriage and a family for herself?*

*Somehow, I thought, we must have done something very wrong, somehow we as parents had failed.*

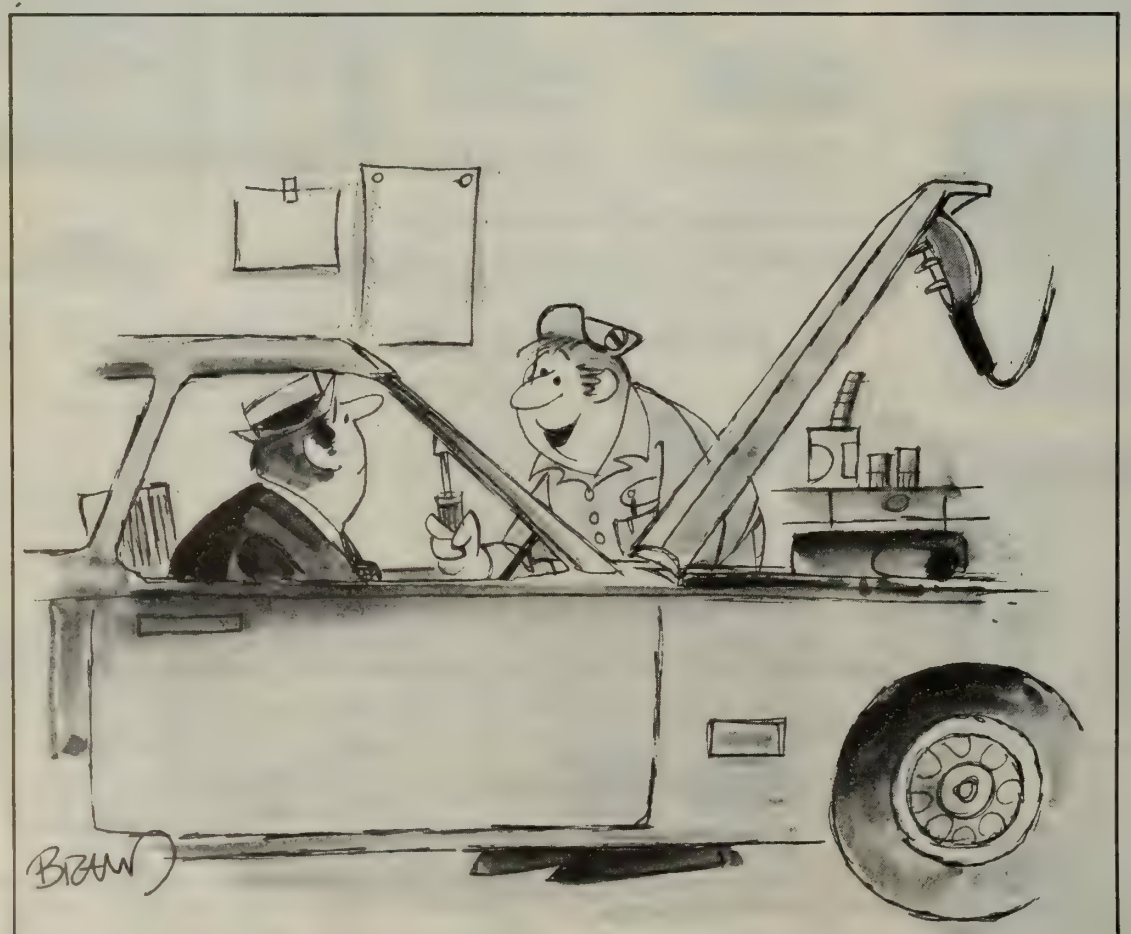
*But gradually, painfully, I came to realize that it wasn't so. What Rosemary was actually telling me was that I had leaped to conclusions about her life. She wanted to be left free to make those major decisions for herself.*

*Marriage or no marriage? Church wedding or not? Career or marriage? Both? Children? What kind of life-style? When you're dealing with such questions, no one else can rightly provide the answers for you.*

*Maybe there'll be grandchildren. But who knows? Maybe there'll be no man, no wedding, no children—ever?*

*Whether Rosemary lives a role I prefer for her or whether she follows a different path, she must have the freedom to live her own life—the only one given to our Rosemary Hillis.*

Burton Hillis



*"I'm glad you brought it in now—*
*any sooner and it wouldn't have been worth my while."*

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# Better Homes and Gardens



## Perfect peach pie

recipe inside

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Fantastic projects made from low-cost natural fibers

Great indoor/outdoor remodeling ideas

FOOD: 42 favorite ethnic recipes

When your youngsters start to drive

DECORATING:
6 color pages of super storage solutions for all around the house

HEALTH: Do you worry too much about your weight?

Can a budget really help you manage your money?

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0055





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Hurry! Sweepstakes ends June 12, 1976.

**Official Rules**

1. To enter the Armstrong Solarian American Craftsman Room Sweepstakes, visit your participating retailer, and pick up the official entry form. Mail to Armstrong Solarian American Craftsman Room Sweepstakes, P.O. Box 10, New York, N.Y. 10046.

2. Winners will be selected in a random drawing conducted by Marden-Kane, Inc., an independent judging organization, whose decisions are final. Only one prize per family. Liability for taxes will be the sole responsibility of the winner. Entries must be postmarked by June 12, 1976.

3. This sweepstakes is open to all residents of the continental U.S.A., 18 years or older, except employees of the Armstrong Cork Co., their immediate families, its subsidiaries, its advertising agencies, Marden-Kane, Inc., distributors of the Armstrong line, and participating retailers. Void in Idaho and Missouri, or where prohibited by law. Subject to all federal, state, and local laws and regulations.

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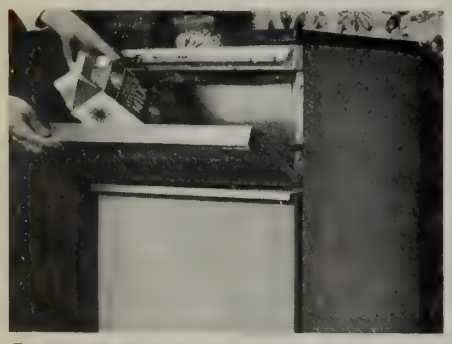
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# Better Homes and Gardens

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES — JUNE, 1976; VOL. 54, NO.



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# CAN A BUDGET REALLY HELP YOU MANAGE YOUR MONEY?

One sure victim of inflation has been the family budget—a workable savings and spending plan designed to keep everyday costs in line and achieve longer range goals. What's happened to most families, thanks (or no thanks) to the food and fuel crises, is that certain essential costs have shot up permanently. What might have taken 10 to 20 percent of your money before now may require 30 percent or more, and that leaves less for other things. Combine that fact with the increasing bite that social security and taxes have devoured, and the family money pie looks like a deflated soufflé.

But don't throw in the towel. The basic rules of family budgeting are still sound. What must change are your assumptions. Present needs and future goals should be reappraised. You'll also have to examine money patterns more often, thanks to the accelerated pace of financial change. Still, with some updating, your budget can help you meet today's realities without losing touch with tomorrow's goals.

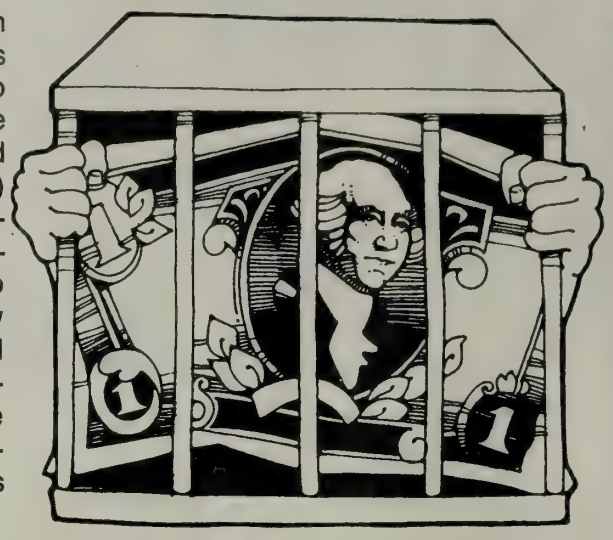
## Look at your cash flow

Get out your check stubs, receipts, and any other clues about how your cash has come and gone for a 12-month period. Your tax records for 1975 will do, but for an up-to-date picture, include the first months of 1976.

Don't worry about every little detail. Just add up your full year's income, for example, and divide by 12. (Salaries should be net, of course—after taxes and other deductions. And don't forget other income, such as from rents, dividends, and interest.)

Then eyeball your expenses. First consider your *fixed expenses*—those regular payments you make each month, such as mortgage or rent, installment loans, and personal loans.

Second are *variable expenses*—more or less regular outgo, but not always the same amount: food, including meals out; household operation; utilities; transportation (don't forget gas and repairs); clothing; cleaning and laundry; medical and dental costs, minus what was covered by insurance; credit card and charge accounts; entertainment; contributions and dues; personal care and toiletries; allowances, baby-sitters, and other miscellaneous costs. Also put down savings, if you were able to sock any away during the year.



Third, figure your *occasional expenses*—those items such as real estate taxes, tuition, insurance premiums, and vacations which occurred periodically in the year. Divide by 12 to see what your average monthly outlay would have been had you saved for those expenses over a year-long period.

Once you have an overall sense of how your money went for the past 12 months, take a more detailed, eyes-open look at your present patterns. Follow the breakdown you set up on your chart for last year: income and fixed, variable, and occasional expenses. You'll want a day-to-day picture for a couple of months. Don't track every penny, but do keep to dollar figures.

## Analyze your money habits

Now you have a pretty good idea of how you managed your money last year as well as how you are spending money right now. Does your year-long analysis show that your outgo outdid your income? Did you have anything left to spend on what you would have liked? Were your savings on target for future goals?

Perhaps you can find some clues to any problems in your more detailed analysis of the present couple of months. What big expenses came up, for example? Were these unexpected? If so, did you have cash reserves to cover them? Were they "occasional" expenses you anticipated but had not saved for in advance?

Are there "dribbles" from your out-of-pocket cash that you have a lot of trouble tracking down? An extra $2 or $3 a day from your out-of-pocket cash adds up to $60 to $90 a month, after all, and that's $720 or $1,080 a year.

How much did you buy on impulse, just because there was a sale or you could get the item now, on credit, and pay later? What items cost more than you had anticipated? What other surprises were there? How much did you pay for charge account interest during those two months? Could you have paid off the whole bill and saved the interest costs?

Such analysis probably will suggest a few ways you can guard your dollars more carefully. But let's face it. Most of us have done a lot of belt-tightening already, yet it's still hard to make ends meet. Let's say you've already done a good job stopping the dribbles, and you've learned how to hold your own against rising food and energy costs. Yet you're still short. How can a budget help then? It's time to take a fresh look across the board.

## Rethink old assumptions

Here's where you must reckon with present-day realities. Most people realize, for example, that food and energy costs today probably take a larger slice of the money pie, no matter how prudent the spender. However, not everyone stops to think that when one expense rises sharply, others must be cut back proportionately—unless your income takes a sudden jump.

As painful as the process is, you must start making choices. (Airing your thoughts in open family discussions can help.) Take a look at every single aspect of your life. When priorities are weighed, some things that seem like necessities may turn out to be luxuries.

Do you need a second car, for example? Can you get finances in order sooner by relying just on cash, rather than credit, for awhile? Or, can you use credit more creatively, by borrowing at a lesser cost to pay off bills with larger interest rates? Does a consolidation loan to lessen monthly costs (but raise costs over the long term) make sense for now?

Have you overextended short-term loan expenses altogether? Most money experts today feel that 15 or 20 percent of your take-home pay is plenty to commit to consumer credit. And ten percent may be more than enough when your income is sporadic or low.

As for housing, there's no sure rule of thumb, though many lenders feel that monthly mortgage payments, property taxes, and fire insurance costs should not equal more than one quarter of your gross income. With the median price of new

**continued on page 8**

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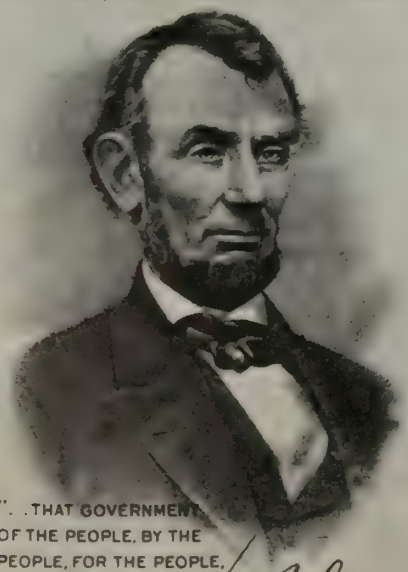
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continued

# Budget tips

houses going over $40,000 these days, and with other housing costs on the rise, it's difficult not to break that one-quarter rule. But the investment could be well worth it anyway, considering how housing equity has grown.

The point is, if owning your own home has top priority in your family, then other major goals may have to be cut back. Similarly, opting for a home improvement project rather than a new house may suit your needs better, and free some cash for other objectives.

## Make major goals realistic

Though no one can be certain about the economic future, some new presumptions have emerged. For one thing, we may well face an average inflation rate of seven or eight percent a year for at least the next decade. That means that just to break even your savings and investments would have to earn that amount—and more, when you consider that you pay taxes on interest, dividends, and capital gains. There's no easy answer to this problem, but it cannot be overlooked. The one thing that's for sure is that it makes automatic savings essential.

Another fact you can count on is that college will cost considerably more in five or ten years than it does now. (Some people are projecting $7,000 or $8,000 a year or more at some colleges.) It may be impossible for you to save that amount, but anticipating the reality now could help. The importance of academic excellence for scholarships is just one example. You also should reexamine the value of specific kinds of college training; other schools may make more sense.

Another emerging possibility is that social security payments, though geared at present to rise along with the cost of living, won't suffice for a comfortable retirement. It's time to analyze your present pension plan and look into other ways of gathering supplementary funds.

In view of this fairly gloomy news about typical long-term family goals, it's evident that you may have to diminish or reject more immediate dreams. Or, you may just do the reverse, and opt for current pleasure from your cash—say, for more vacations or a new car every couple of years. The choice is up to you. Before deciding, discuss all factors in terms of both your wishes and practical realities.

## Consider savings a fixed expense

Setting aside money every month for future use is absolutely essential, both for short-term, occasional bills that come due later in the year, and for objectives a year or more away. That's why savings should be treated as an expense off the top of your paycheck, rather than the last item attended to—if there's money left after all other bills are paid.

The more automatic your savings program, the better. Take advantage of payroll deduction plans, transfers between checking and savings accounts, or any other method that's effective.

You should start by building an emergency fund—savings that you can tap right away, but only in dire need. Say you lost your job. How much unemployment insurance could you collect? Or, suppose you got sick. When would your employer cut back or cancel your salary? In each case, what supplementary cash would you need to keep things going until you could reasonably expect to get on your feet again? That's what should go into ready cash savings. (If you must dip in for cash-flow problems, your budget is in trouble and should be reworked.)

The experts used to say that the equivalent of from three to six months' income was essential for an emergency fund, but times have changed. Most families today can do with two months' worth in ready reserve. That's because they have more access to other emergency funds than families used to have—two incomes, insurance for medical costs and loss of income, and so forth. Take stock of your particular reserve sources.

Unless your income is very sporadic or unpredictable, the rest of your savings should be put to work to earn higher rates of return than a passbook savings account will allow (currently, five percent at commercial banks, five and one-quarter percent at thrift institutions, and up to six percent or more at credit unions). Remember that higher paying investments—like stocks and bonds—may entail more risk as a price of the potentially greater return. Also, on most savings plans that pay more then a passbook account, you will incur a penalty if you must withdraw funds or sell early.

## Sharpen your buying skills

With most things costing more, it's important to buy goods that will last. Don't mistake low prices for bargains unless the merc dise is top-notch. That means must bone up before you s learn to spot good workmans take the time to compare f one store to another, watch sales that offer true values your money. Learn how to c pare credit costs, too.

Also, become familiar v your rights with product war ties. (See *Better Homes and G dens,* May, 1976.) If you bought a lemon, follow all procedures necessary to get y money back or the item replac The law and the times are your side more and more.

## Keep your budget simple

By now, you have a pre good idea of how your savi and spending plan must wo Following the same format y used to analyze past patterns, up a 12-month plan. Write do your projected costs and incor month by month, and lea blanks next to those figures to in as the months progress. Y don't have to record all daily e penses, but do keep weekly re ords and enter final figures the end of each month.

One good tool for sane mone management is a businesslik method for keeping record Make one place in the house yo money management center. P all important records in file there, along with your budge ing records. Set up envelopes o files to hold receipts and cancele checks by categories. Create cash-flow ledger that's easy to fol low and maintain.

When you outline your pro jected budget, keep income ex pectations on the low side; wind falls are more fun than unantic ipated debts. Make sure saving are part of your fixed expenses Shoot for ten percent of you monthly take-home, but if that' unrealistic, less will do; it's the regular habit that counts most Also, break out occasional ex penses like upcoming taxes into monthly amounts, so you can start putting the cash aside in small bites; that makes things much more manageable.

Most important, be flexible. If after a few months your projected plan is way out of whack with reality, take a calm look at things. Review goals and current spending patterns and adjust accordingly. You'll probably get back on the track without too much trouble. ■

*Make sense out of your family finances with an exclusive* ***BETTER HOMES AND GARDENS MONEY MANAGEMENT FILE.*** *To order, see p. 82.*



# The 60-second masterpiece.




This is Polaroid's Super Color. It was taken with our Super Shooter Land camera. This remarkable camera costs only $28 yet actually uses 5 different kinds of instant film—and the most dramatic is our Polacolor 2.

Special metallized dyes (the same dyes we developed for SX-70 film) now give you (A) more yellow, (B) more red and (C) more blue than you ever got before in 60 seconds. These colors are also surprisingly fade-resistant and last longer than most other amateur prints.

The Super Shooter comes with an electric eye and electronic shutter for automatic exposures (for all 5 films), as well as a sharp 3-element focusing lens, and a built-in flashcube attachment with automatic advance.

And $28 gets it all.




## Polaroid's $28* Super Shooter for the Super Colors.

*Suggested List Price. © 1976 Polaroid Corporation. "Polaroid", "Polacolor" and "SX-70"®

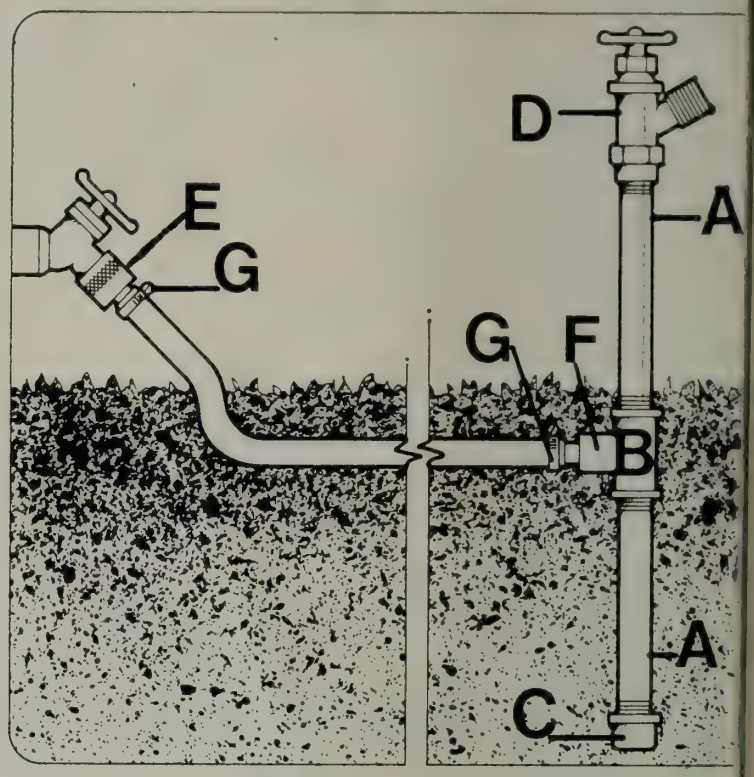



Put 6-12 Plus® in his pack. Keeps mosquitoes, other biting bugs away for hours and hours. Non-sticky. Clean-smelling. Yet combines two of the most effective personal insect repellents ever developed.

Peace for him. Peace of mind for you. In spray, cream or stick. 6-12 Plus: The Skeeter Beater.


KNOW-HOW FOR NOVICES

# How to install a garden watering hydran




If your garden is more than 50 feet from your house, installing a garden hydrant can be a worthwhile project. All of the materials for the project cost little more than a similar length of premium-quality garden hose, and the job shouldn't take you more than a couple of hours. Here is a list of materials you'll need:

- **A** *Two ¾ by 12-inch galvanized nipples*
- **B** *One ¾-inch galvanized T*
- **C** *One ¾-inch galvanized cap*
- **D** *One sill faucet (¾-inch FPT)*
- **E** *One ¾-inch female hose coupling*
- **F** *One plastic to galvanized male adapter*
- **G** *Two stainless steel worm drive clamps*
- *Length of ¾-inch polyethylene tubing*
- *Vacuum break valve (optional)*

Assemble these parts as shown in the diagram. The nipple below the "T" is pushed into the ground. With a sharp spade, part the sod in your lawn to about a six-inch depth, lay polyethylene tubing in trench, and tamp sod back in place.

When installing the house faucet end of the tubing to the hose adapter, you'll find that the crimp fitting (which is designed for more flexible garden hose) won't make a waterproof union. The solution is simple: Tighten a worm-drive clamp over the tubing and compress it tightly against the coupling inserted into the tubing.

The optional vacuum break valve on the sill faucet at the house performs an important job: It protects your entire water supply system from possible backup contamination should your water pressure fail.

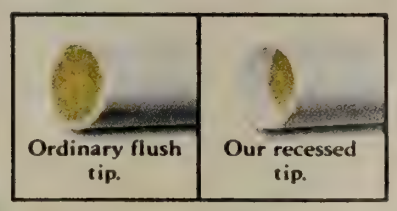
In cold climates, a waterline buried only six inches below ground level will freeze during the winter, yet no damage will result because the plastic tubing expands so easily. ■

*The thoughtful choice in low-tar smoking.*



# The low-tar cigarette with the recessed tip.




*Most low-tar cigarettes are flush-tipped. So tar buildup is flat against your lips.*

*But Parliament has the recessed tip. That means tar buildup never touches your lips. All you get is that neat, clean taste.*

*So if you're trying to find a low-tar cigarette that tastes good, why not choose the one with the difference, Parliament with the recessed tip.*

# Parliament

4 mg. "tar," 0.8 mg. nicotine — Kings: 16 mg. "tar," . nicotine av. per cigarette, FTC Report Nov. '75

Warning: The Surgeon General Has Determined hat Cigarette Smoking Is Dangerous to Your Health.

# With Jell-O® BRAND Gelatin and Puddin



















# sserts are kids' stuff.



There's no end to the zany, crazy, delicious desserts you can make for your kids when Jell-O® Gelatin and Pudding come out to play.

So we've put together a collection of fifteen of our favorites.

Some are wiggly wobbly, and some are creamy cool.

All are easy as child's play.




(If someone tore out our recipe directions before you, write General Foods Corporation, Kids' Stuff, P.O. Box 4157, Kankakee, Illinois 60901, and we'll send you another.)

GF
GENERAL FOODS

Jell-O is a registered trademark of General Foods Corporation.

PETS Douglas M. Lidster

# 10 SUMMER PET HEALTH CARE TIPS

Summer's the season when most families have the time to really enjoy owning a pet. Unfortunately, summertime living isn't all that easy for pets. Unlike people, who seem to be more illness-prone during the winter, pets are more susceptible to health problems during the warm months than at any other time of the year. Here are some tips to help your dog or cat stay healthy when it's hot.

**Update those vaccinations**

In summer, dogs and cats are more likely to come into contact with other dogs and cats, and some of them might be sick. Even if you keep your pet on a leash, he may visit a place another animal has just left. Disease spreads quickly during hot, humid weather.

Although many areas don't require it, have your cat vaccinated against rabies. A wandering cat is much more likely to be bitten by another animal than a yard-confined dog is.

**Watch out for parasites**

Both internal and external parasites have a heyday in hot weather. Fleas, ticks, lice, and mites can make life miserable for both dogs and cats, and most of these pests are potential disease carriers. Fleas pose a double threat—they can make your pet itch to the point of frenzy, and they're also intermediate hosts for tapeworms. To protect your pet, keep his bedding clean, and make sure he has a spot outside where he can lie down out of the grass.

Roundworms and tapeworms —the most common internal parasites—don't pose a serious health threat to a mature dog or cat unless infestation is severe, but they can be very hard on puppies and kittens. Hookworms and heartworms always pose a health hazard. If you suspect your pet has worms, don't try to diagnose and treat them yourself. Take a sample of your pet's stool to your veterinarian. If he detects worms, he will prescribe the proper dosage of the correct medication.

While flies, gnats, and mosquitoes are pests rather than parasites, they can still make your pet extremely nervous and uncomfortable. Most spray-type flea and tick killers are effective. Don't use flea sprays intended for dogs on cats. And don't use bug repellents intended for humans on any pet. The best way to minimize the insect problem is to keep your pet's living quarters clean.

**continued**

**HEARTWORM PREVENTION**

*Keep your dog on his prescribed preventive medication year-round. If you make it a habit to add medication to his food daily, you won't have to wonder when to start each spring. Perhaps more important, your dog will become accustomed to the taste of the medicine in his meal, so you won't have to go through the annual bout of getting him to eat something he doesn't like.*




# Now the quick pop-up clean-up goes anywhere.

## Introducing Wet Ones® Porta-Pack.

Wet Ones now makes cleaning up a little easier to take—with Wet Ones new Porta-Pack.

30 full-sized towelettes in a new portable package. It fits just about anywhere: in your purse, your pocket or the glove compartment. So it goes everywhere: shopping, biking, or driving.

For a really quick clean-up anywhere... pack the Porta-Pack.












(Advertisement)

CONSUMER CHECK✓OUT™

BY AMY WHITE






**Help your pet find relief and protection** during the flea and tick season. Now that summer's here, your pet needs **Sergeant's® Sentry® IV Collar with Sengard.®** With fleas and ticks everywhere—indoors as well as out—your pet is sure to find them. **Protect** your pet and family **against FLEAFESTATION™.** The Sentry IV Collar gives long-lasting protection and the Dog Collar also kills the dangerous Rocky Mountain Spotted Fever Tick. Give your pets a pleasant, comfortable summer with a Sentry IV Collar—just one of 200 quality-tested pet products from **Sergeant's, the pet care people.**




**More people than ever are switching** to the roll-on more people use—**Ban Roll-On®.** In fact, almost three times as many people use Ban Roll-On than any other roll-on. Why? Perhaps because tests have shown that Ban Roll-On will stop wetness better than most leading aerosol anti-perspirant sprays. And a 1½ ounce bottle of Ban Roll-On lasts at least 14 days longer than all leading 5 or 6 ounce sprays. (Based on two second spray per underarm.) Isn't it time you switched to **Ban Roll-On?** Available in regular scent or unscented.




**Your dog deserves the right shampoo,** just as you do. Sergeant's® makes three different shampoos . . . and one is sure to be just right for your pet. For example, **Sergeant's Creme Shampoo,** with its extra luxurious cleaning formula, makes coats soft and lustrous. Or, if you have a long-hair or shaggy dog, **Sergeant's Anti-Tangle Shampoo** has special conditioning agents to help reduce tangling and to make brushing easier. And during these summer months, **Sergeant's Skip-Flea® Shampoo** kills fleas and lice . . . cleans and deodorizes, too. Get the shampoo that's right for your pet from Sergeant's, the pet care people

continued

# Pet health

### Obey your local confinement laws

Both you and your dog will be much happier in the long run if the only runs he takes are in your company. On his own, he might get into trouble or a fight, or get lost, or be run over by a car. He might even form a pack with other free-roaming dogs and injure someone's child. Keep him home.

### Treat even minor wounds quickly and thoroughly

Infection runs rampant during hot, humid weather, and there are some really despicable species of flies that lay their eggs in open wounds. These eggs hatch into maggots that are extremely harmful—and most unpleasant.

While cat fights rarely end in serious injury to either combatant, even minor wounds can fester. Animal tissue under a cat's claws is an ideal culture medium for infection-causing bacteria. In some cases, a cat bite that is scarcely visible will quickly heal from the outside, while infection forms an abscess in the underlying tissue.

### Lock up potential poisons

Some of the most common and seemingly unpalatable household chemicals will poison many pets during the summer. Keep cans of charcoal starter, gasoline, and paint out of reach. You'd be surprised at how many dogs will drink these fluids.

If you will be spreading weed killer or fertilizer on your lawn this summer, plan to keep your pet off the lawn for a few days—or at least until after a good hosing down or heavy rain. Regardless of what's written on the product package, most lawn care products in powder form can cause mouth and eye irritation if a pet tries to lick them off.

### Serve meals in the evening

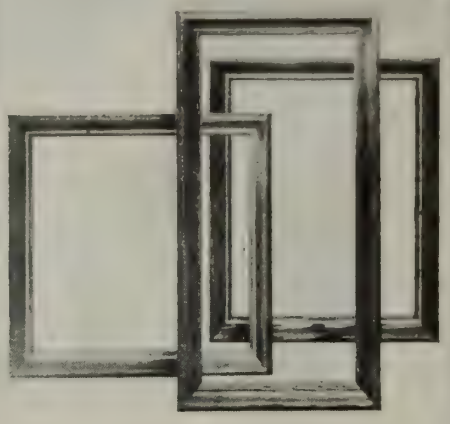
Your dog rests best with a moderately full stomach. Feed him in the evening so he can digest the meal in the cool of the night. If you feed a dog in the morning and then expect vigorous activity from him, you're inviting canine indigestion—or even heat stroke.

If your dog likes to snack on beef knuckle bones, don't let the treats lie around the yard for more than a day. The rotting marrow will attract flies, and soon the bone will be infested with maggots. Hornets, too, like bones, and will furiously attack any dog that tries to share one.

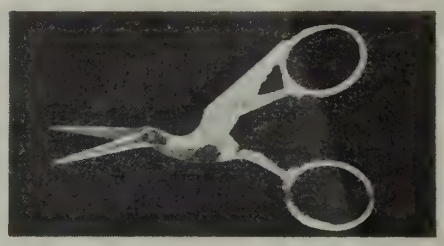
Don't worry if your dog or cat likes to snack on grass. Regardless of the tall tales you may have heard, most dogs and cats eat grass simply because they like it.

# NEW IDEAS

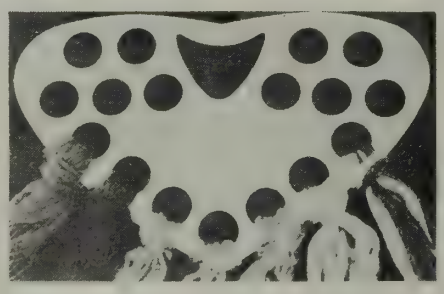
*from*
*Better Homes and Gardens*



**Frames** Looking for a frame for needlework, a special craft creation, a painting—whatever? You can't buy better than ours. These solid oak frames with a rustic walnut stained finish will add the perfect finishing touch. Available in four sizes.



**Stork Scissors** Stork scissors are perfect for close exact needlework. High quality forged steel, our pair has precision blades and will last for years. Scissors are 3-½" long and easy to carry.



**Yarn Pallet** No more tangled yarn; saves time, money and aggravation. The perfect way to organize your yarn. Holds 14 different colors or lengths. Sturdy design will last for years.

**OUR GUARANTEE:**
Full refund if not completely satisfied.
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_____ **No. 00090 Frame 14" x 18" $7.49**
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_____ **No. 00097 Frame 18" x 24" $8.49**
_____ **No. 13157 Yarn Pallet $2.98, 2 for $5.45**
_____ **No. 13160 Stork Scissors $7.49, 2 for $13.98**

*We use UPS for speedy delivery!*
*Please include postage and handling. For orders up to $5 add 90¢; $5.01 to $10 add $1.20; $10.01 to $15 add $1.35; $15.01 to $25 add $1.75; over $25 add $2.*

Total of Merchandise $_____
Postage and Handling $_____
Please include applicable sales tax $_____
TOTAL $_____

**Better Homes and Gardens, Dept. 2FU**
**Box 374, Des Moines, Iowa 50336**

Name_____
Address_____
City_____
State_____ Zip_____

### Don't ignore summer sneezin

A dog or cat with hay fev may sound like a joke, but you've experienced it yourse you know how miserable yo pet feels. If he sneezes for n apparent reason, he may ha a seasonal allergy. Take hi to your veterinarian for dia nosis and treatment imme ately. While an allergy ca be cured, allergic symptom sometimes can be controlle

### Clean up your dog after an outing

A summer swim can be refreshing for your dog as it for the rest of the family. B when it's time to go home, d him off and brush his co thoroughly. Dirty, matted ha may cause itching, and subs quent scratching can lead more serious skin problem Be sure to get the insides his ears thoroughly dry to pr vent ear infection.

After a run in an open fiel check his eyes and nostrils f pollen and weed seeds. It's al a good idea to check his ear armpits, groin area, and a other skin folds where tic may have found a hiding plac

The safest tick-removal tec nique is to apply flea and ti spray directly to the tick itse If it's firmly attached, do pluck it off. You may leave pa of the tick in your dog, and th can cause infection. Wait the tick backs out—which will do after being doused.

### Make sure your pet always h fresh water

Even though cats and do don't perspire the way peop do, they lose a lot of moistu when panting. A cool bowl water and a shady spot offer welcome respite from the su mer heat.

### Let your pet vacation, too

If your family is planning summer vacation trip by c both the family and the fam pet probably will enjoy t trip more if your pet sta home. A restless, uncomfo able—or even carsick—p will make even the biggest c seem awfully small. And y might find yourself unwelco even at motels whose signs s "Vacancy."

There's no reason to feel s ry for your dog while he's a kennel. Anthropomorphizing crediting nonhuman creatu with having human feelings is something most animal l ers are guilty of. Such thinki leads you to view a kennel an impersonal place with d cages and imprisoning fenc But your dog may think of t cage as a cool place to r and the fence as a welco buffer between him and strange dog. And the imp sonal environment of a ken may provide your pet with opportunity to get some mu needed peace and quiet. ■


Got a minute?
Get a tan.
Sudden Tan
For legs, face and everyplace. Sudden Tan® by Coppertone® tans on touch. Keeps you tan for days. In bronzing foam & bronzing lotion.
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1. The Tennistakes.


2. The Racingstakes.


3. The Superstakes.
40
30
20
50
40
30
20


4. The Golfstakes.


5. The Seriestakes.

# 5 Long Green Sportstakes from Benson & Hedges Menthol 100's.

Which of these sports do you go for? Enter that sweepstakes. Or, if you 'n't decide where the grass looks greener, enter all five. Each first prize, scribed below, includes $1,000 spending money with travel and accommo- tions first class all the way. And each sweepstakes also has a second prize $1,000 and a third prize of $500.

**1. The Tennistakes** offers a week-long trip for two to your choice of one of the r Laver-Emerson Tennis Resorts. You can pick your time and climate to pick tips on tennis from the greatest names in the game.

**2. The Racingstakes** takes two to the Derby. Not the one in Kentucky, but its erunner in England at Epsom Downs. This trip includes airfare to London, veek at the Savoy Hotel, theatre and Derby tickets and a rental car (British ing green, of course) to take you to the races.

**3. The Superstakes** is a trip for two to the Super Bowl, coming up January 9th he Rose Bowl, in Pasadena, with a week's stay at a Beverly Hills luxury el, and includes a side trip for a night in Las Vegas.

**4. The Golfstakes** takes two to the Del Monte Lodge at Pebble Beach, with a m overlooking the 18th hole and Carmel Bay. It includes greens fees and ddies for a week, and a dozen balls to whack o the green Pacific.

**5. The Seriestakes** takes a pair of you back d forth between the two World Series cities, you'll see every game. Wherever you go, ur travel, accommodations and series kets will be the best that money can buy.

Whichever you win, your friends will green.

ng. "tar," 1.1 mg. nicotine, av. per cigarette—hard pack, by FTC Method;
ng. "tar," 1.1 mg. nicotine, av. per cigarette—soft pack, FTC Report, Nov. '75.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

**OFFICIAL RULES—NO PURCHASE REQUIRED**

1. Write the number of the Sportstakes you wish to enter in the space provided on the official entry blank, or on a plain piece of 3" x 5" paper.
2. Hand-print your name, address, zip code on your entry, include with it the bottom panels from two packs of Benson & Hedges Menthol 100's, or the words "Benson & Hedges Menthol 100's" hand-printed on a plain piece of paper.
3. Enter as often as you wish, but you may enter only one sweepstakes per entry, and each entry must be mailed separately, to Benson & Hedges 100's, P.O. Box 2123, Westbury, N.Y. 11591. Entries must be postmarked by Sept. 15, 1976, and received by Sept. 22, 1976.
4. **IMPORTANT:** You must write the number of the sweepstakes you are entering on the outside of the envelope, in the lower-left-hand corner.
5. **Winners will be selected in random drawings from entries for Sportstakes, by National Judging Institute, Inc., an independent judging organization, whose decisions are final. Odds of winning will be determined by the number of entries received for each sweepstakes. Winners may be asked to execute an affidavit of release and eligibility. All prizes will be awarded. Only one prize to a family. Liability for taxes is the sole responsibility of the individual winners.**
6. Contest open to all U.S. residents over 21 years of age, except employees and their families of Philip Morris Inc., its advertising agencies and National Judging Institute, Inc. This offer is subject to all federal, state and local laws. Void in Missouri and wherever prohibited, restricted or taxed.
7. **For list of winners, send stamped, self-addressed envelope to Benson & Hedges Winners List, P.O. Box 2494, Westbury, N.Y. 11591.**




Soft and hard pack

Benson & Hedges 100's
P.O. Box 2123
Westbury, N.Y. 11591

I want to go for Long Green Sportstakes No._____.

Name_____

Street_____

City_____

State_____ Zip_____

Hand-print your name, address, zip code on your entry, include with it the bottom panels from two packs of Benson & Hedges Menthol 100's or the words "Benson & Hedges Menthol 100's" hand-printed on a plain piece of paper.
**IMPORTANT:** You must write the number of the sweepstakes you are entering on the **outside** of the envelope, in the lower-left-hand corner.

# Kids 18 and under stay free at Ramada Inns.

This kind of freedom can free your family for a Bicentennial vacation. Kids 18 and under stay free at Ramada Inns, when they share their parents' room. There's no charge for cribs. And only a small one for rollaway beds if needed. Don't be a Bicentennial bystander.

See the country and stay at any of the more than 600 Ramada Inns worldwide. For your free Ramada Directory, write: Ramada Inns, P.O. Box 590-MKT, Dept. BH, Phoenix, Arizona 85001. For reservations, contact your travel agent or nearest Ramada Inn.




Join the Ramada Regulars
RAMADA INNS WORLDWIDE



# DID YOUR GET-UP-AND-GO GET UP AND GO?

You know how it feels. You wake up full of zip. You're all set for a good day. But as the day wears on, you begin feeling fizzled out.

You need something to pick you up.

You need Vivarin.

Vivarin is a gentle pick-me-up. The active ingredient that makes Vivarin so effective is the caffeine of two cups of coffee squeezed into one easy to take tablet.

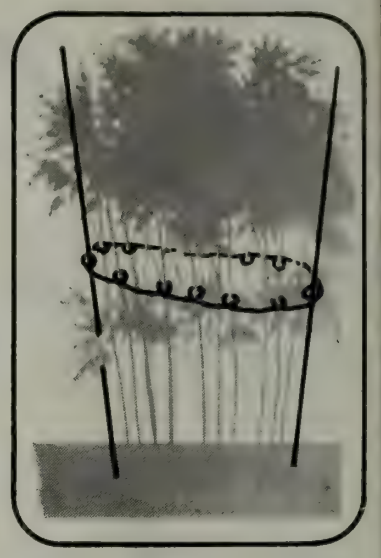
Vivarin...it can help put the get-up-and-go back into your day.



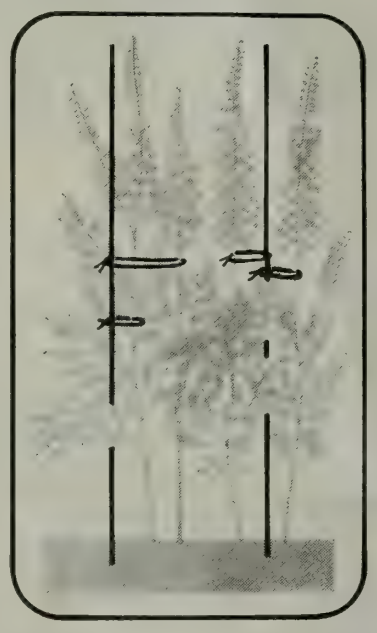


# GARDENING IN JUNE

Think of June as the time to add the finishing touches to your summer planting. Take stock of every flower bed and planter, then fill in bare spots by adding extra bedding plants. Don't forget to plant pots of flowering annuals for your patio, deck, or terrace. When you're lounging outside on lazy days ahead, you'll be glad you have pots of bright color up close to enjoy.

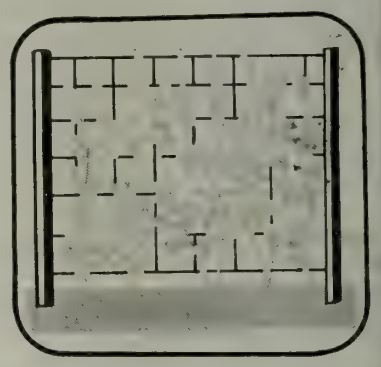


**Use these ideas to keep your plants standing straight, with their heads up**



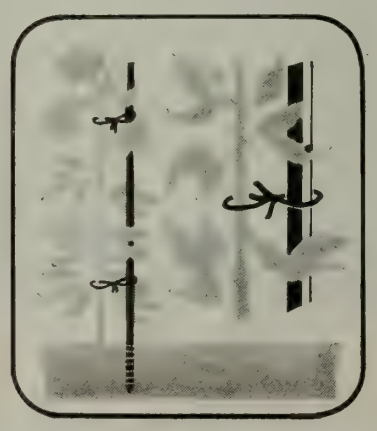
For tall, spiked flowers like delphiniums, use bamboo stakes or metal reinforcing rods. Tie the cord tightly to the poles, but loosely around the plants.

To support a perennial that tends to sprawl, set four stakes around the base, slightly inside of where you want the plant to spread. Tie the cord to stakes, and loop it around the individual stems.

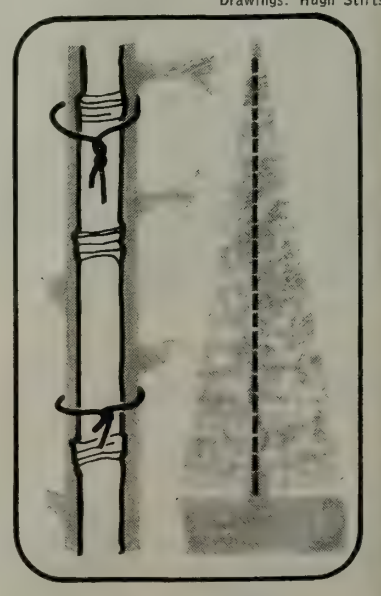


Mesh-type support is best for morning-glories and other twining annuals, and sweet peas. Drive two 1x2s into the ground. Attach chicken wire or interlaced string from a nursery.

Drawings: Hugh Stirts



Use lath stakes or one-inch bamboo for tall, heavy dahlias. To avoid disturbing the roots after the plants start to grow, drive stakes, at planting time, about eight inches away from the tubers. After growth starts, tie the plants along stake; make ties loose around the stems.



Upright evergreens may not grow straight unless you take a

**continued on page 32**

# How we converted two generations of skeptics with one bowl of Gaines-burgers.®

DOG FOOD




**"Pardon me," we asked. "What kind of dog food does your dog eat?"**

"Canned," replied the older skeptic.

"Gramps says Barney eats canned dog food because it's moist and meaty. And Barney loves meat," the younger skeptic explained.

**"But Gaines-burgers are moist and meaty. And they taste terrific," we said.**

"Nope," replied the old skeptic.

"Gramps says that doesn't matter, because Barney is a canned food dog, and he definitely won't eat those," the younger skeptic explained.

**"Well, let's see," we said. At which point the dog demolished the Gaines-burgers.**

"Told you he'd eat 'em," said the older skeptic.

"Gramps says....you said *that?*" the younger skeptic asked the older.




Gaines®

## The canned dog food without the can.®

A nutritious combination of meat by-products and meat, vegetables, vitamins and minerals.

begins on page 28

# Gardening in June

hand in their developme
shape their growth, brace
heavy bamboo pole tied
center trunk. You need t
the pole into the soil belov

### Brighten shady spots

Shade can foil all atte
successful gardening unl
choose the right plants.
the best bedding plants y
choose for areas that lack
are fibrous begonias and
tiens. Both mound into at
plants and bloom generot
til the weather turns cold.

The begonias range in
from six to 12 inches; usu
plants are just as wide as t
high. They flower whi
shades of pink, or red; son
bronze foliage.

Impatiens thrive in
planters on shady patios.
them massed in light shad
small trees or in front of
of ferns or hostas. Imp
impatiens grow 15 inch
while the dwarf Elfin ser
under a foot.

Exotic fuchsias mak
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West Coast, you can co
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Unusual perennials th
do well in the shade are:

*Astilbe.* Also called
beard, this three-foot pe
puts up flower heads that
ble feathered plum
blooms are red, pink, or w

*Cimicifuga.* Sometimes
as snakeroot, this tall (fo
perennial produces fluffy
spires in the fall when fe
flowers are in bloom.

*Bleeding-heart.* This o
ioned favorite is famed
heart-shaped pink flower
when not in bloom, the
foliage is attractive.

*Monkshood.* These sta
rennials need little car
bloom blue in July and
Flower spikes are five fe

*Bergenia.* Its tough, l
leaves form a textured m
foot high. In early sprin
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**The Almond People Invite You To Nibble Your Way Through The Week**

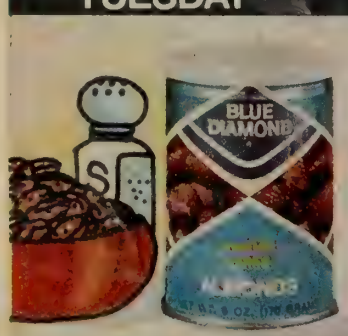
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FAMILY FOOD IDEAS




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If all the books and articles on overweight and diet that are published in a single year were piled on a scale, they no doubt would weigh more than a circus fat man. Americans are so obsessed with trimming their weight and waistlines that they spend an estimated $10 billion annually on diet books, special foods, fat farms, health spas, diet pills, slenderizing salons, and weight-loss gadgets and special treatments.

The motives of these weight-conscious people are mainly aesthetic—a trim figure is considered more attractive than a fat one. But another reason Americans worry about their weight—some almost to the point of starving themselves to death—is health. Claims that obesity has reached epidemic proportions—and that 20 percent of the population are so overweight that their health is jeopardized—have convinced most Americans that they will live longer and feel better if they bring their weight down to normal.

Are their fears justified? Despite millions of words on the subject, the truth of the matter is that health experts and nutritionists can only agree that the relationship between weight and health is poorly understood. While obesity and illness seem to be associated, a few extra pounds hardly constitute a death sentence. Indeed, one nutritionist has recently said, "We all may have been too concerned about cases of mild obesity."

This is not to say that there are no health problems related to obesity. Orthopedists point out that osteoarthritis is more common in the obese, because joint surfaces are subjected to excessive weight; hernia and gall bladder disease also may be weight-related, and research indicates that episodes of breath stoppage are more common in the very obese. One study has even indicated that obese women may be more prone to breast cancer. And certainly those defined as excessively obese—twice the average weight for their height, or at least 100 pounds overweight—risk serious health problems.

According to some experts, controlling weight can be aptly compared to the boy holding back the water at the dike; if any small weight gain isn't stopped early, it can easily grow into a large weight gain—and perhaps too great a problem to handle. In this view, the problem with someone even mildly obese is the chances are too high that he will gradually become very obese.

## How heavy is too heavy?

"Desirable" weight is generally calculated by comparing a person's poundage to that of a national average for that height and build, as in the famous (or infamous) life insurance height-weight tables. But doctors disagree a good deal on how much heavier than average can be considered unhealthy.

The most conservative estimate defines overweight or obesity as 20 percent above the recommended figure for height and build; others say the danger point is 30 percent. A five-foot-eight-inch man of medium build, for example, who should weigh 138 to 152 pounds by the insurance tables, could actually weigh up to 166 to 182 pounds before being considered overweight or obese.

According to Dr. George V. Mann of Vanderbilt University, a career investigator in nutrition for the National Heart and Lung Institute (NHLI), only a fraction, perhaps less than five percent of "too fat" Americans, fall into this category.

Moreover, "overweight" and "obese" aren't necessarily synonymous. Scales weigh bone, muscle, fluid, and fat equally; a professional football lineman or construction worker may be technically overweight by the tables—yet carry hardly any excess fat at all.

Several tests have been devised to distinguish fat from muscle. In one, a person is totally immersed in water on the Archi-

continued

### Should you exercise or diet?

Evidence mounts that exercise, not diet, is the key to weight control. A classic study by Dr. Jean Mayer of Harvard of a group of overweight teen-agers revealed that on the average they actually ate less than their thin contemporaries—but that they also exercised considerably less. Other studies have also shown that the least obese adults are the ones who are the most active, not the smallest eaters.

Unfortunately, as one expert points out, "Exercise is often an unpopular agent." Many of us would rather try to cut back on mashed potatoes then work up a sweat.

However, according to Dr. George V. Mann, a noted nutritionist, "fitness, not fatness" is the key to health. With regular, daily exercise, body composition changes; fat is converted to lean body mass, and one feels better because the respiratory and circulatory systems function at top efficiency. The heart benefits, too, by the development of collateral circulation and the strengthening of the heart muscle.

But the exercise should be strenuous (and with your doctor's permission). "Dig, don't prune," is the way Dr. Mann puts it. Strenuous activity must be scheduled two or three times a week, for at least a half hour each time. The pulse rate should get up to 130 and there should be real perspiration. Endurance activities, like running, jogging, and bicycling, are preferable to those that call for sudden outputs of energy.

Best of all is a weight control plan that combines exercise with sensible eating.




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continued

# Weight worrier?

medean principle that fat, being less dense, displaces less water than muscle does. For obvious reasons, this test method is neither practical nor popular. More useful is the skin-fold test: a pinch of flesh in the triceps of the upper arm is held between thumb and forefinger and measured with special calipers. If the pinch measures more than 25 millimeters (about an inch) thick, the person is rated obese. Actually, says Dr. Henry Blackburn of the University of Minnesota, a very useful gauge of obesity may be simple self-appraisal. "Just strip and look at yourself in a mirror," Dr. Blackburn suggests.

### What is the meaning of height-weight charts?

The Metropolitan Life Insurance Company's height-weight charts have a venerable history, dating back nearly 100 years. The most recent version, issued in 1959, is based on the Society of Actuaries Build and Blood-Pressure Study, identifying the longest lived policyholders of 26 insurance companies.

Actually, there are two tables: one calculates the average weight by height and build of policyholders, and the other the weight by height and build of the longest lived policyholders. The so-called desirable body weights for sex and height are considerably lower than the average figures: the desirable weight for a five-foot-eight-inch man of medium frame is 138 to 152, but the average ranges from 149 at age 20 to 24, to 166 at 50 to 59. When the Metropolitan averaged figures again in 1963, they had increased by six pounds, and figures issued by the U.S. National Health Survey were higher yet.

In any case, doctors question the application of the tables to the general population. Insurance customers generally are wealthier, better educated, and more health conscious than average. Also, examinations are not always precise; sometimes the applicant merely states his weight. Significantly, when the National Health Survey actually weighed people, the average was higher.

### Weight and heart disease

Legend says that fat people are more likely to have heart attacks. This belief seems substantiated by the life insurance tables, which indicate that thin people have fewer attacks. However, no other study has ever rated obesity alone as more than what Dr. Mann calls "a small or nonexistent" heart-disease risk factor.

In the famous study of heart-disease patterns among 5,200 residents of Framingham, Massachusetts, the surest predictors of heart attack were found to be cigarette smoking, hypertension, high blood cholesterol, diabetes, and heartbeat irregularities, with obesity low on the list.

Obesity is associated with certain other risk factors, however. Fat persons are more likely than thin persons to have hypertension, elevated cholesterol, and poor glucose tolerance. And when they lose weight, their levels of blood pressure, cholesterol, and blood sugar usually drop, too, although in the instance of cholesterol, at least, the improvement seems to be transitory. When fat persons have normal blood pressure, cholesterol, and blood sugar, their risks of heart attack are no greater than those of thin persons.

According to Dr. Ancel Keys of the University of Minnesota, one of the world's foremost investigators of nutrition and heart disease, one reason for the confusion about obesity and heart attack is that both often come with advancing age. Obese persons may seem more prone to heart attack because they are older, not because they are heavier.

The Framingham study also has shown that high blood pressure occurs ten times more often in those 20 percent or more overweight than in those of normal weight. And among those whose weight remained stable for 20 years, high blood pressure occurred only one-fifth as often as it did among the rest of the population whose weight increased. The incidence of stroke among obese persons in Framingham was three times above the community average.

### Weight and diabetes

"The relationship between obesity and diabetes," says Dr. Fred Goetz, professor of medicine at the University of Minnesota, "is best described as inconclusive." Markedly obese middle-aged adults are ten times more




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## and pregnancy

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ald Chez, chairman of
OG committee on nutri-
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and these newborns are
that run the greatest
complication and future
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continued

## Weight worrier?

The ACOG committee on nutrition now states that about an 18-pound gain is necessary for the fetal development, plus about six pounds for the mother's own fat and water reserves. The nursing mother should gain more, and even a markedly overweight woman of 250 pounds should not reduce, but rather expect to gain at least ten to 12 pounds. A special diet for pregnant women is no longer called for, Dr. Chez says—merely three nutritionally balanced meals a day with two additional glasses of m

Nursing is an importa junct to weight control. W woman does not nurse her she inevitably gains weight fats stored up for milk p tion are not used.

### What's wrong with diet

It's a popular notion that weight makes you feel bett while that's generally true, another side to the pictur woman who tries to stay s constant dieting may be tired, lack energy, and b and tense with what Dr. calls "a prison-camp ment Constant dieting may ever ardize her health, since tion of food intake also m duce the intake of iron, a m essential for a woman's being.

And the roller coaster be of gaining, dieting, and reg weight (the sequence tha of us follow) may actuall harmful effects. There is suspicion that it may trigg bladder problems; and sinc lesterol levels usually ris weight gain and fall with is believed that this fluct could be harmful. At th least, the cycle of thin-f has its psychological re sions—particularly since few people can keep them to the desired weight.

The passion for dieting can cause health problem phetamines for weight can be addictive; and man tors have serious reser about the intestinal shunt tion performed on some obese people.

It should be understoo that weight gain is almost able with increasing age. A ple get older, they becom sedentary and the dispar tween food intake and output is conducive to gain. Nutritionists also po that the body's basic requi for calories actually de with age, meaning weight certain unless fewer calor consumed.

Every study has indicat the healthiest persons are who reach their adult weig and remain stable thereaf other words, an adult's should be the same at 50 a

Unfortunately, for mos that means gradually down on what we eat as older. That's no mean fea cially when we live in a plenty, but the rewards r well worth some sacrifi *(Written in cooperation Edwin Kiester, Jr., a health and education write*




*Actual photograph of North American Culex mosquito preparing to strike.*

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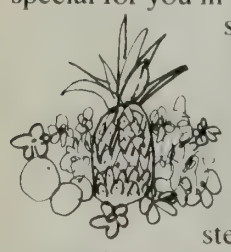


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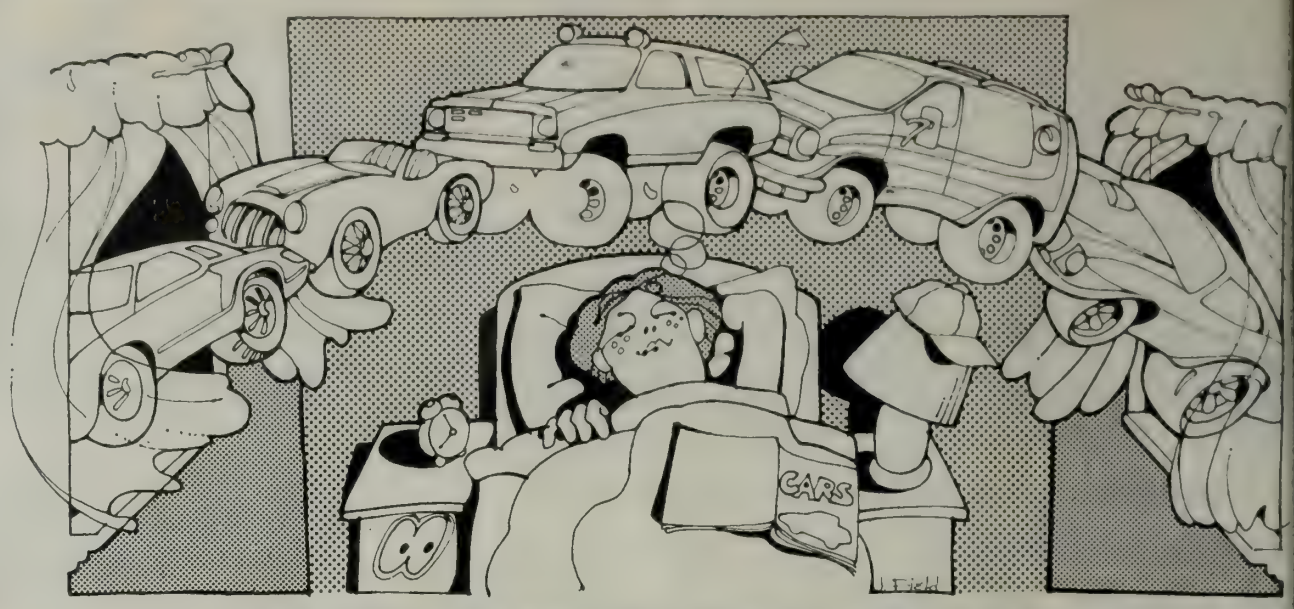
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# WHEN YOUR YOUNGSTER STARTS TO DRIVE

A youngster who has just reached legal driving age has a lot going for him. His reaction time and coordination will never be better. He has established no bad driving habits to impair performance behind the wheel. And he's eager to learn. Unfortunately, he lacks the experience required to make decisions in what could be critical driving situations. He'll need your support. In this article we're offering information on driver's education, insurance, automobile financing, and buying that first car. We hope the wrap-up smooths the way for both you and your youngster as he takes the wheel.

Drawing: Hellman Design

## HOW EFFECTIVE IS DRIVER'S EDUCATION?

Most skills are improved with the help of expert training. Since driving a car is a skill, it's safe to assume that the training provided by High School Driver's Education improves the driving skills of young drivers on the road. But just how much better and how much safer is almost impossible to determine.

To find some answers, several research projects were conducted in the 1950s and 1960s. The driving records of those who had completed High School Driver's Education were compared with records of those who had not. According to some of the project findings, HSDE reduced accidents and violations in the younger age group by up to 50 percent. But critics pointed out that the HSDE students would probably have become safer-than-average drivers with or without the course. By volunteering to take HSDE, they had demonstrated a responsible attitude toward driving. (No states make driver's education mandatory, and only half have a lower licensing age for students who have completed an accredited course.)

The wide variety of driver education programs adds to the difficulty of reaching a statistical conclusion. Approximately 15,000 schools offer HSDE today, and their facilities range from shoestring to space-age. Electronic simulators are being used in almost 3,000 schools, but only slightly over 800 have access to controlled environment driving ranges, and some schools use paraprofessional rather than professional instructors for in-car training.

So the question remains: Is it reasonable to believe that if your child completes a High School Driver's Education course, he or she is a safer driver?

The National Highway Traffic Safety Administration says yes. It maintains that HSDE has the potential of reducing crash involvement for its students by ten to 15 percent. And these students are in the highest risk age group; 22 percent of our licensed drivers are between the ages of 15 and 24, and they are involved in almost 40 percent of all crashes.

### How can you help?

More important than evaluating HSDE on a national scale is evaluating how it affects you and your youngster personally. The National Highway Traffic Safety Administration claims that the effectiveness of any HSDE program largely depends on the motivation and competence of the individual instructor. A parent-teacher conference should help you evaluate the instructor who will be teaching your youngster.

Of course, you may prefer to teach him yourself rather than enrolling him in HSDE. Many parents enjoy teaching their youngsters how to drive, and the youngsters enjoy learning from them.

In other families, however, the strain of criticism—and criticism is part of the teaching process—can cause hurt feelings, nervousness, even losses of temper. In addition, parents sometimes pass on incorrect driving techniques to their offspring. Only the family involved can decide whether parental or HSDE instruction is best for their youngster.

## HOW TO CUT HIGH INSURANCE RATES FOR KIDS

Most families are acutely aware that once a youngster starts driving, insurance costs soar. Both men and women under 25 will pay significantly higher rates for their share of auto insurance coverage, but men under 25 will pay the most. The apparent sex discrimination stems from a sta-

**continued**

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# Are you still smoking?

In the years since the criticism against smoking first appeared, many people have given up cigarettes. But many more people haven't.

And that's who we'd like to talk to. That even larger group of people who are still smoking today.

If you're still a smoker, you've probably heard the charges leveled against 'tar' and nicotine. You may have become concerned. And chances are you even tried to do something about it. Like trying several of those empty-tasting low 'tar' and nicotine cigarettes.

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So, if you still smoke, but would like to cut down on 'tar' and nicotine, Vantage is one cigarette you should seriously consider.




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**Yields TONS more!**

Tomato farmers say 20 tons per acre is excellent. MIRACLE-GRO scored 30 tons per acre!

8 oz. $1.29




INSTANT ACTION! STERN'S Miracle-Gro®

ALL-PURPOSE WATER-SOLUBLE PLANT FOOD


continued

## Young drivers

able if the youthful driver is enrolled at a college at least 100 miles from home, provided he or she doesn't take the car to the campus.

● Some companies reduce your liability premium up to 15 percent if your family car—or your teen's car—is a compact.

● If you can manage to pay for minor scrapes, take the highest deductible you can afford. Your insurance premium will be reduced.

● Keep an eye on the resale market for your teen's car. When its value is in the neighborhood of the deductible you've selected, consider dropping collision insurance altogether.

If your young driver has a record of violations and your own insurance company won't extend your insurance to cover him, ask your agent about assigned risk plans. They're available in every state to provide high-risk people with adequate insurance protection. Any agent can help you get this coverage with one of the companies doing business in your state. Usually the premium will be higher because the company's risk is greater.

There are also companies specifically set up to insure people with high-risk records. However, the assigned risk plans, where private insurance companies distribute higher risk policies equitably among themselves, are usually a much better buy in terms of both dollars and service.

### CHOOSING THAT FIRST CAR

Once your youngster is old enough to drive, it won't be long before he decides he must have a car of his own. If family discussion results in a "go" verdict, the next step is to help the young driver choose his first vehicle wisely. Doubtless he'll have his own ideas about what makes the ideal car, but these tips might help steer him in a propitious direction.

#### New or used?

It's obvious that a new car costs more than a used car—a lot more. Monthly payments will be staggering—even to the unencumbered young person who currently has no financial obligations. Also, insurance will be higher (because more complete coverage is necessary) and license plates will (in some states) cost more, too. It all totals up to a figure beyond the reach of most young drivers, and mos parents as well.

And when that new-car shin dulls and the new-car smell dis sipates, your youngster ma hanker after something differen if not necessarily better. If tha happens before his car's norma retirement date, he may take terrible financial beating on ini tial depreciation.

At the other extreme is th young driver who yearns to hav an old junker as his first car. H claims he can pick it up for nex to nothing, and perhaps he can— but there's more to consider Even if the vehicle is safe to driv (which is highly doubtful), th initial cash outlay may be a mer drop in the bucket compared t the total cost of keeping the ca running dependably. Those out of-pocket expenses month afte month can become as burden some as the monthly installmen payments on a new model.

Your youngster will probabl rebut that he can handle th maintenance himself. But unles he's already demonstrated me chanical aptitude, it's extremel unlikely that he can turn a junk yard wreck into a custom sho winner with a few dollar's wort of parts and a few weekends o work. Even the most well-inten tioned kid may end up with sizable investment in a non-run ning car that occupies garag space while he's borrowing th family car.

#### Muscle cars are "out"

Another type of car to avoi is the used muscle car. By th time most of these vehicles reac the used car circuit, they've bee taxed to their limits, and thei muscle has turned to flab. Ever if it's in good mechanical condi tion, the muscle car is a poo choice because all that power en thralls even the best young driv ers. Also, such a car with a youn driver is sure to attract police attention.

The novice driver would als be wise to shun sports cars. Mos will perform far beyond his driv ing ability and tempt him int extremely dangerous situations Besides that, the car can only ac commodate one passenger, s your youngster will probabl need the family car for grou functions.

#### How about trucks and vans?

Don't be surprised if you youngster suggests buying truck. Light trucks—specifically pickups and vans—are rackin up record sales in both new ca showrooms and used car lots. A a rule, used trucks depreciate

**continued**



# "Mommy, my bride's dress smells so good. What did you do to it?"

**The mother of the bride used Downy.®**
**So the compliment should come as no surprise.**
**When you use Downy Fabric Softener,**
**your family really will notice the nice things**
**you do to their clothes.**
**Like rinsing in an April Fresh smell.**
**And Downy softness.**
**And rinsing *out* a lot of static cling**
**that's so annoying in freshly laundered clothes.**
**No wonder Downy-rinsed clothes**
**have earned a lot of mothers**
**a lot of compliments.**

## The April Fresh smell of Downy. It's a noticeable improvement.



continued

## Young drivers

more slowly than comparably equipped automobiles—even though trucks cost slightly less to begin with. Thus a seemingly pooped pickup or venerable van may carry what looks like an unrealistically high figure on its price tag, and the seller probably will get his asking price.

The biggest plus going for these vehicles is safety. In both trucks and vans the driver's seat is considerably higher than it is in an automobile, and th creases the driver's range sion dramatically.

### Old-time models

Antiques and classics are ably best left to the hobby storer—good antiques are hibitively expensive. Even i family should happen on t in reasonably good condit an attractive price, it's a tionable means of transport Face it, cars aren't built lik used to be—and it's a good To bring a genuine antique modern safety standards w quire installing a hydraulic system, turn signals, sealed- headlamps, and numerous modifications. These alter not only cost money but d from the resale value when youngster is ready for an car. Thanks to all that exp refurbishing, what was an a is now just an updated ol

### Sensible standard seda

The happy medium fo young driver is the same car you would consider buy a second family car. This be a not-too-old, two-door If it's an import, make su a well-known make. Steer of the "real steal" on an make you've never heard fore. Parts dealers pr haven't heard of it either.

That pretty-good used c teach your youngster a lot ing for it himself is conduc careful driving, since m mean money out of his pocket. And if the car is good, odds are a little effo a little money can make it better. With just a few d worth of patching material couple of weekends' spare the car can be ready for a paint job—which is one few real values left in the motive world.

Very likely the young owner will spend some mon shiny add-ons from the spe store. If so, don't deride hi squandering cash on g bread. Granted, the acce probably won't add to the value of the car, but they'll it a lot more valuable to him that means he'll treat it and drive it better.

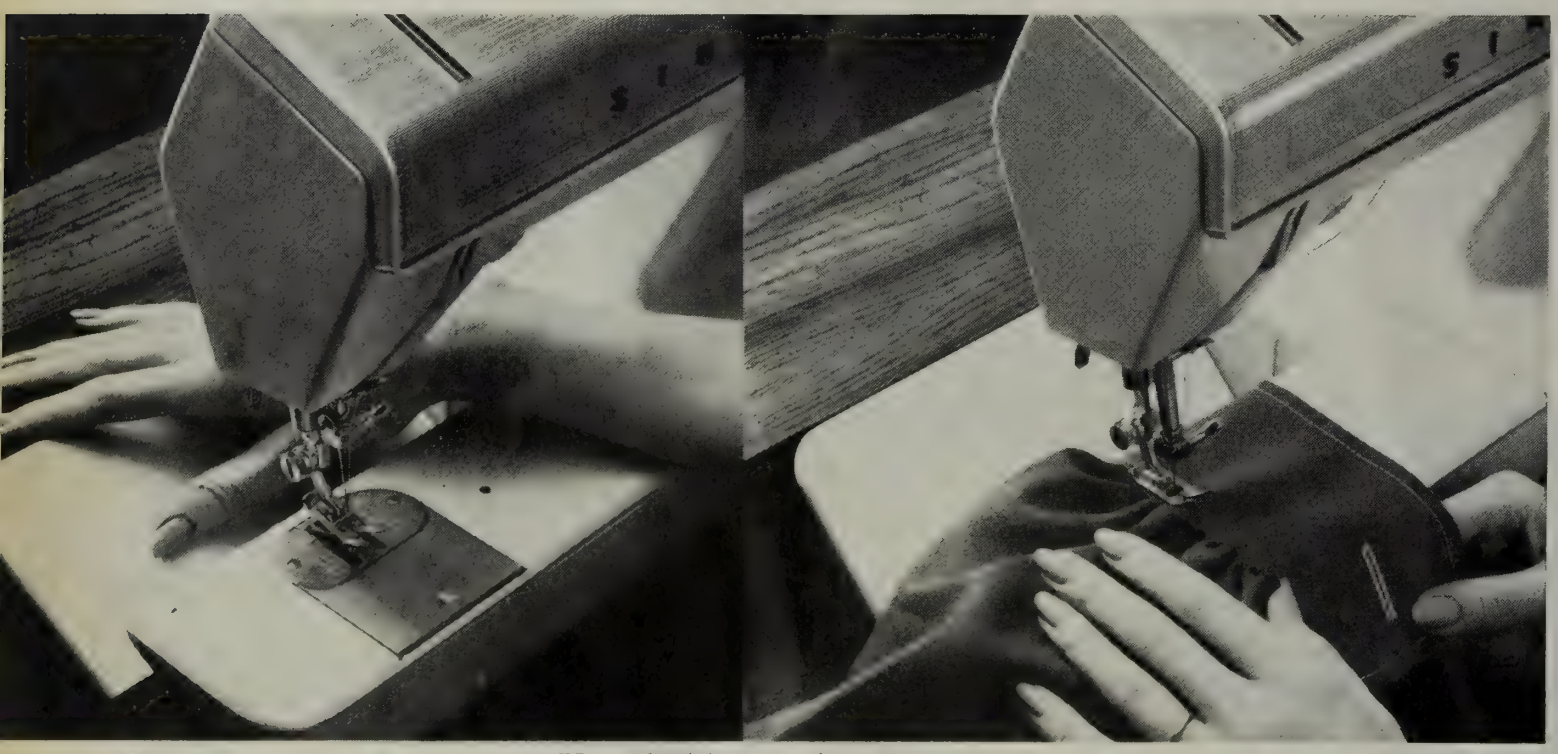
### Make sure the car is hea

Whatever type of car yo your youngster settle on, want to be certain it's sa your state requires that al pass a safety inspection, have an advantage. Howev you want to be extra sure t spection was legitimate, ha


# Flip & Sew.*

*(two-way sewing surface)*

# The Singer invention that opens up a whole new world of sewing ease.



Only Singer has the Flip & Sew* two-way sewing surface. Because we invented it. It makes sewing hard-to-get-into things incredibly easy for you.

## How it works

A hinged panel is built into the flat sewing surface. Flip the panel down. And the flat surface opens all around. Giving you a free arm to slip work over. Slide on a cuff. Topstitch without twisting or pulling. Sew into pant legs without opening seams. Finish waistlines. Set in neckbands. Attach elastic. Your work rotates smoothly. You have full visibility. And control.

When you want a flat sewing surface, you flip the panel up again. It's as simple as that. Far superior to any 'convertible' sewing machine.

## Your bobbin is always where you can get at it

Whether the panel is flipped up or down, you never have to remove extra sections or reach around or underneath to get to the bobbin. It's always right on top, in front of the needle.

## Buttonholes to fit your button

One of the finest Singer* machines with the Flip & Sew two-way surface is the Futura* II sewing machine. It stars 16 exclusive features, including our famous push-button bobbin that rewinds right in the machine. With the thread that's in the needle. And it has our "magic" buttonholer that takes your button and makes the buttonhole to fit it. In just one step.

Because the Flip & Sew surface is of such vital importance to every sewer, we've created a line of five different models with this exclusive Singer invention. In a range of prices to fit any budget.

And you can trade in your old one-way machine, for a great new Singer machine with the Flip & Sew two-way sewing surface.



**SINGER**

There's no place like SINGER.

*A Trademark of THE SINGER COMPANY.

nspected and follow the
ic around as he completes
cklist. (Here's a helpful
w car dealers have the
on of being "tougher" on
ons than independent ser-
ions are. Since you're the
ou want the toughest in-
possible.)
ng a state safety inspec-
tifies that the car is safe
e, but it's no guarantee
mechanically sound. If
ortunate enough to have
ostic center nearby, take
ge of it. The fee you pay
horough mechanical in-
can save your young-
m unknowingly inherit-
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ake the car to a service
you trust for an expert—
biased—opinion. If the
ic shakes his head and
Well, it might need a valve
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inted if he bought the car
n found out he had to pay
lve job.

## OW WILL YOUR NGSTER FINANCE IS FIRST CAR?

plans to pay for it him-
e'll have the same two
everyone has. He can
r it, or he can borrow

he car price limit you and
ungster have set is $1,000.
ill probably narrow the
to a six- or seven-year-old
in reasonably good con-
Its loan value (the *max-*
he bank will lend) is prob-
bout $525. So if your
ter can come up with
the car is his, right? It's
te that easy.
off, if your teen-ager is
8, he can't legally sign for
You as a parent will have
for the car and find a
ly agreeable way for your
ter to pay you back. Upon
g 18 he becomes legally
for a loan in his own
but no bank is going to be
or the business.

## w's his credit rating?

blishing credit is impor-
or the young car buyer
e banks don't like to lend
to people who haven't
ed money previously. If
youngster has saved up
for a stereo, suggest he
it instead, and pay the
n time. That's one good
on the credit report. If he
he same with clothing and
purchases, he will soon
established a good rating.
so will have learned that

ued


# New! Basic Bundt* Brand Cake Mix from Pillsbury.

## It's delicious any way you bake it.







Pillsbury's new Basic Bundt* Brand Cake Mix is made to be baked in a 13 by 9-inch pan or in a Bundt† fluted tube pan. Either way, you get a rich, moist, flavorful cake with a yummy glaze. And it all comes in one box for one price—which is a lot less than it costs to make a frosted two-layer cake. Choose from Yellow, Devil's Food, Lemon or German Chocolate flavors. New Basic Bundt* is delicious any way you bake it!

Pillsbury

## New Basic Bundt.* You can bake it in either pan.

*Bundt trademark for cake and cake mix used under authority of Northland Aluminum Products, Inc., Minneapolis, Minnesota.
†Registered T.M. of Northland Aluminum Products, Inc., Minneapolis, Minnesota.
© The Pillsbury Co., 1976

FAMILY FOOD IDEAS

# How to change your house without changing your address.



**Martin-Senour Paints and designer Ray W. Clarke, help you plan a house of a different color.**



If you're planning to paint your house this year, plan it right. And plan it right now. Now is the time to let your imagination go and experiment with all kinds of color combinations.

It's also a good time to see your Martin-Senour dealer. He'll give you color samples and a helpful tip sheet to make your painting job easier.

The picture above shows you how designer Ray W. Clarke planned this house. He specifies Martin-Senour Paints regularly because of their durability and range of colors. Maybe his ideas will give you some ideas.

Of course, we think the best idea is to use our paint. Because with a little imagination and a little Martin-Senour, you can make a change for the better.

For the location of your nearest dealer call toll-free 800/447-4700 (In Illinois, call 800/322-4400).




Quality Paints since 1878.

Ray W. Clarke, American Society of Interior Designers, Vice President, Anne Fox and Assoc., Inc., Cleveland, Ohio



continued

## Young drivers

charge accounts aren't jus
to stretch payments, but
way to make a purchas
existing cash that's not ir

### What's his repayment a

When a bank makes a
expects to be repaid in reg
crements, on time. A pa
job while your youngster i
dent probably won't qua
regular income in the eye
loan officer. Even if your
on his own with a regul
odds are he hasn't had
long. Bankers are keenly
that young people chang
rather frequently before
into a career. Bankers als
that even the most resp
young worker is more like
laid off during a slowdow
ply because he lacks senic

### Is he a good risk?

In theory, a person
good credit record and g
payment ability is consid
good risk. However, the
may ask the youthful loan
cant some searching qu
Did he get good gra
school? Did he stay out c
ble? Did he participate in
activities? The lender wi
to know your youngster
handing over the money.

### Are you willing to co-sign the loan?

Even if everything abo
child's past record, both fi
and personal, makes hir
like a good person to do b
with, the banker may ask
co-sign. This means that al
the loan is your youn
you'll be responsible for it
he fail to fulfill the contr

### Why not pay cash, when possible?

Suppose the young dri
saved the necessary $1,000
not just buy the vehicle an
the paperwork? Well, as
said, establishing a credit
is essential today. Also,
$1,000 is every cent h
where will the money com
when his car needs a ne
tery, alternator, or tire
need a little money in h
ings account to fall ba
Then, after a few months
has made payments on ti
if his car is behaving well
youngster can repay the lo
car is his, along with a
established good credit ra

# he Perfect
# each Pie
# our cover

juicy pie is an anytime cause you can use canned, or frozen peaches. Dress it with an easy-does-it and spoon the mixture baked pastry shell. Then ll, slice, and serve your perfect pie.

Photograph: de Gennaro



**CT PEACH PIE**

*onvenient piecrust mix if*

**s all-purpose flour**
**oon salt**
**shortening**
**blespoons cold water**
• • •
**unce cans peach slices**
**sugar**
**lope unflavored gelatin**
**range juice**
**spoons brandy**
**spoons lemon juice**
**spoon butter or margarine**
**resh or frozen**
**berries, thawed**

mall mixing bowl, stir to- lour and salt; cut in short- with pastry blender till are the size of small peas. e 1 tablespoon water over mixture. Gently toss with ush to side of bowl. Re- ll all is moistened and together when pinched gers. Form into ball. Flat- try on lightly floured sur- oll pastry to ⅛-inch thick- t pastry into 9-inch pie Trim pastry; flute edge. ottom and sides well with Reroll trimmings to a inch rectangle. Cut pastry trips, ¾ inch wide and 4 long; place on baking Bake the shell and the pas- ps in 450° oven till golden, minutes for the strips and 12 minutes for the shell. Drain peaches well, reserv- 4 cups syrup. Reserve a each slices for garnish. large peach slices.)

aucepan, combine sugar, and the reserved peach Heat and stir till gelatin is dissolved. Stir in orange juice, brandy, lemon juice, and butter or margarine. Fold in peaches, then blueberries. Turn mixture into pastry shell; top with pastry strips in spoke-fashion. Chill till firm. Garnish with reserved peaches.

To use fresh or frozen peaches, substitute *4 cups* sliced peaches for the drained canned peaches and 1¼ cups apple juice or 1¼ cups additional orange juice for the peach syrup. Increase the sugar to ¾ cup. ■


# "I'm a Thinner."



Keep in trim and play to win.
That's my way of thinking.
I'm really in to thin.
My figure. My clothes.
Even my cigarette.
Silva Thins 100's.
Long and thin in looks.
Lower in tar than
many filter 100's.
Think about it.




In menthol too.

# Silva Thins 100's

Filter: 17 mg. "tar", 1.2 mg. nicotine; Menthol: 16 mg. "tar", 1.1 mg. nicotine av. per cigarette, FTC Report Nov.'75.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

# GET SET FOR THE CANNING SEASON

Planning to put up garden produce for your family this year? Start by checking this list of basic canning supplies. If you find you're missing a vital piece of equipment or a utensil, you still have plenty of time to fill the gap.

## EQUIPMENT

Depending upon the types of foods you'll be putting up, you'll need either a large kettle, water-bath canner, or pressure canner.

**Large kettle or Dutch oven:** To prepare fruits for jellies and jams, you'll need an eight- to ten-quart cooking vessel. The kettle may look huge in comparison to the cooking fruit mixture, but the space is needed for vigorous boiling. A kettle or large saucepan can also be used to partially cook foods for hot-pack canning.

**Water-bath canner:** Designed for processing fruits, fruit juices, high-acid vegetables such as tomatoes and sauerkraut, pickles, or relish, this is actually just a large deep kettle with a fitted rack or basket for holding jars. You may already have a large kettle or Dutch oven that will work for water-bath canning. Just make sure it's deep enough to allow one or two inches of water to boil freely over the top of the jars during processing.

**Pressure canner:** Low-acid foods such as meats, fish, poultry, and most vegetables must be processed under pressure to destroy spoilage-producing organisms. A pressure canner is a heavy seamless kettle with a jar rack and a locking lid with gasket, a pressure gauge, and a safety valve. A standard pressure *saucepan* (not a canner) with a rack will work for processing pint jars, if it has a gauge that will maintain ten pounds of pressure. When using a standard pressure *saucepan*, you'll need to increase the processing time given in the recipes by 20 minutes.

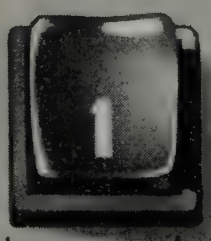
**Jars:** If you seal jars of jams and jellies with paraffin, it's safe to use any small glass jar that will withstand the boiling needed for sterilizing and the temperature of the hot fruit mixture.

For all other canning purposes, use only standard mason jars. They have been specially tempered to withstand the heat and pressure of canning and are designed with a specially threaded mouth for proper sealing with metal or zinc lids.

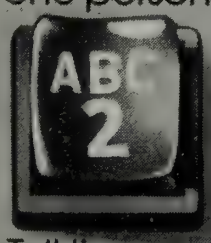
Stock jars from commercially prepared foods such as mayonnaise will not seal properly and may break during processing.

**Lids:** Metal lids with sealing compound and screw bands are the most widely used caps for home canning. After processed jars have completely cooled, the screw bands may be removed and reused. The sealing compound on the rim of the metal lid will hold the vacuum seal. Never attempt to reuse flat metal lids or one-piece caps unless they were designed specifically for reuse. Always follow manufacturer's directions carefully.


# What you can do this month t




**Self-service is cheaper: dial direct.** If you don't have to involve the operator, the rate lower on Long Distance calls. (With the one-minute dial-dire interstate rate, you can make several calls for less money thc one person-to-person call.)




**Report a poor connection or an interruption.** Don't just hang up and call aga Tell the operator and we'll give you a credit.




**Plan what you're going to say in advance.** On message-unit and Long Distanc calls, you'll save more if you say less.




**Take advantage of the one minute interstate rates.** After 11 p.m. weekdays, c day Saturday and Sunday until 5 p.m., a one-minut dial-direct call to any other state in the U.S. (except Alaska an Hawaii) costs only 21¢ or less plus tax. And each additionc minute is only 16¢ or less.




**Remember: '800' numbers are tol free.** A lot of companies will gladly pay for you t call them. You'll find these numbers in your phone book and i advertisements.

Zinc lids, though still available, are declining in popularity. The porcelain-lined metal cap is used with a rubber ring. Caps must be screwed down tightly after processing to complete seal. Caps are reusable but rubber rings are not.

## UTENSILS

You'll find the following kitchen utensils equally helpful whether you're putting up jams, jellies, and preserves, or processing foods by the water-bath or pressure canning methods.

**Slotted spoon or ladle** for packing foods into jars.

**Wide-mouth funnel** for easy and efficient jar filling.

**Liquid measuring cups,** both a two- and four-cup size, for pouring hot liquids.

**Sieve or colander** for draining foods.

**Jar lifter or long-handled tongs** to transfer jars to and from canner safely.

**Teakettle** to keep a supply of hot water on the range. Add boiling water to the canner to raise the water level.

**Rack, wooden board, or folded towel** for cooling processed jars.

**Jelly bag and strainer stand** for filtering jellies and juices.

## HAZARDS

You'll want to clip this rundown of common canning errors to keep on file for fall.

Awareness of these often-occurring mistakes will help you avoid the same pitfalls.

**Food spoils when:**

- the pressure in the pressure canner was not held at ten pounds during processing. This is usually caused by an inaccurate pressure gauge, by uneven heat under the canner that allowed the pressure to drop below ten pounds, or by failing to make needed altitude corrections at elevations above 2,000 feet.
- all the air wasn't exhausted from the canner before pressure was built up.
- water in the water bath canner wasn't kept at a boil during the entire processing time or the water level was allowed to dip below the top of the jars.

**Food changes color when:**

- too much time was taken getting it ready to can.
- the food wasn't processed long enough to kill the enzymes that destroy the color.
- the food wasn't covered with liquid in jars.
- all the air bubbles weren't removed before processing.
- ascorbic acid wasn't used to keep the fruit from darkening.
- high color in foods such as beets or cherries dissolved in the liquid or syrup.
- the storage area was too warm or too sunny.

**Food floats when:**

- it was packed too loosely.
- the syrup was too heavy for the fruit.
- the food was packed raw.
- it was processed too long.
- the fruit was too ripe.

*Home canning instructions* from a reliable source such as the United States Department of Agriculture or a home canning supplies manufacturer will provide complete directions for safe food processing.

*For information on ordering canning utensils, see page 82.*


ve on next month's phone bill.

MNO 6 **If you dial the wrong number, call the operator for credit.** We don't expect you to pay for your mistakes. So if you mis-dial a Long Distance call, tell the operator.

PRS 7 **Look in the phone book for special 'intra-state' rates.** Long Distance calls within your own state are cheaper at certain times. You'll find a listing in the front of your phone book.

TUV 8 **Call out of state evenings and on weekends.** Interstate Long Distance rates are lower if you call after 5 p.m. Monday through Friday, and even lower all day Saturday or Sunday until 5 p.m.

WXY 9 **Have all phone installations done at one time.** Extra visits by an installer mean extra charges. So plan all of your installations or phone changes in advance and you'll save money.

OPER 0 **If there's an error on your bill, call us.** If you're charged for a call you're not responsible for, tell the business office. We'll have the charge removed and re-billed to the proper party.

**We hear you.**

# Do you need roughage?

You've probably been reading a lot lately about roughage and why it's important to you.

One of the main reasons is that roughage retains essential water, forming bulk to move waste material through your system.

Unfortunately, however, roughage is processed out of so much of the food we eat, many of us don't get enough of it.

Without sufficient roughage in your diet, you may suffer from constipation.

Here's where Serutan can help you.

Serutan is the natural ingredient laxative that contains a rich source of roughage. It has the capacity to absorb and hold over 20 times its weight in water. But, unlike certain foods containing harsh roughage, Serutan forms gentle bulk. It keeps your intestinal wastes soft and moist, enabling your stools to pass through your system more rapidly.

Try Serutan. You'll be very comfortable with it.




A LIMITED WARRANTY TO CONSUMERS
Good Housekeeping
PROMISES
REPLACEMENT OR REFUND IF DEFECTIVE


A REGULAR FEATURE DESIGNED TO MAKE AROUND-THE-HOUSE JOBS EASIER FOR YOU

# TIPS TOOLS & TECHNIQUES

This feature is written by you. It's a wide-ranging collection of shop hints, installations tips, and repair shortcuts that you—along with millions like you—have picked up from your experience as a do-it-yourselfer. We pay $25 for each problem-solver we publish. See the box below for details.

## PROBLEM

**A four-legged chair (or stool or table) wobbles noticeably, and you need to know which leg is too long or how much to cut off.**

## SOLUTION

Find or temporarily rig up a flat raised counter surface, then stand three of the four legs of the chair on it and slide the chair as shown in the sketch until the fourth leg meets the edge of the counter. If the leg clears the top of the surface, turn the chair so you can test another leg in the same way. When you come to a leg that projects *below* the edge of the surface, you've found the culprit; cut it off so it just reaches the surface.

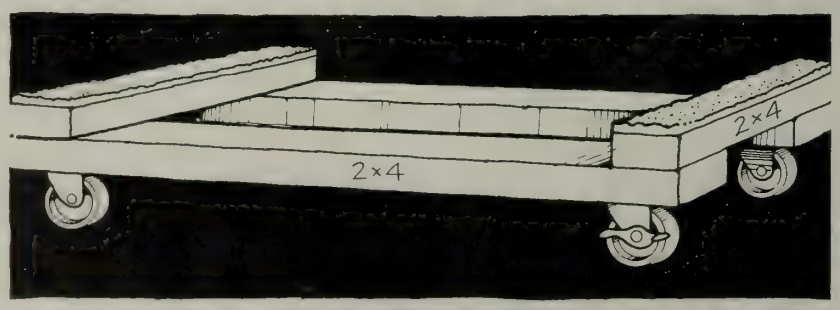


## PROBLEM

**You often need a hand to move heavy objects around the house and in the garage.**

## SOLUTION

Put together a simple dolly, using four flange-mounted wheel casters and some scrap lumber. Whether you build the heavy-duty design shown below or make a smaller version, substituting a piece of ¾-inch plywood for the 2x4s, this handy little helper can be tucked easily into a corner when not in use. Choose from among swivel or rigid casters—maybe two of each, so you can steer one end of the dolly from side to side when necessary. And if you're concerned about stability, make sure the two rigid casters have brake devices, so the wheels can be locked while you load and unload. Glue some scrap pieces of carpet to the top of the dolly to protect the items you move.




Do you have do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools & Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and all submissions become the property of Meredith Corporation. We do not accept previously published ideas.


## Where to buy Filon® Patio Panels

**ARIZONA**
PHOENIX Maley Bldg Matl
L V Smith's TV
TEMPE Payless Cashway
TUCSON Sutherland Lbr
All Wood Bros Lbr

**CALIFORNIA**
ANAHEIM Walt Taylor Lbr
ARROYO GRANDE Briscoe Lbr
ATASCADERO Dexter Lbr
BAKERSFIELD King Lbr
BEAUMONT Brink Hdwr & Lbr
BELLFLOWER Hammond Lbr
BRENTWOOD Copeland Lbr
Johnson Lbr
BURBANK Burbank Lbr
CAMPBELL Campbell Lbr
CANOGA PARK Hall Bros Lbr
CAYUCAS Boyle Lbr
CITY OF INDUSTRY Sutherland
COMPTON Bauer Lumber
CUDAHY Cudahy Plywood
CULVER CITY Betts Sine Lbr
DANVILLE Danville Lbr
San Ramon Lbr
EL MONTE Disc Bldrs Sply
ELSINORE Pioneer Lbr
ESCONDIDO Pine Tree Lbr
Vista Lbr
FALLBROOK Pine Tree Lbr
FT BRAGG Ft Bragg Lbr
Rissis Home Ctr
GARDENA Homeowners
Emporium
GOLETA Channel City T V
GROVER CITY Jenkins Lbr
HARBOR CITY Herwood Bldg
HAYWARD Zenith Mill & Lbr.
HEMET Sharp Bldrs Sply
HUNTINGTON BCH Lumberland
LAFAYETTE Diablo Fence
Sun Valley Lbr
LA MIRADA Sutherland Lbr
LONG BEACH W M Dary Co
LOS ALAMITOS Barr Lbr
LOS ANGELES Fleming Lbr.
Hagim Orchids
Mullin Lbr
MCKINLEYVILLE Whipples Bldg
MARYSVILLE Speckert Bldg Sply.
MENLO PARK Rayberg Lbr.
MILLBRAE Millbrae Lbr
MONTEBELLO Home Owners
Emporium
MORRO BAVY Hayward Lbr
NEWHALL Newhall Bldrs Sply
N HOLLYWOOD Arkay Lbr
Mullen Lbr
Terry Bldg Ctr
N LONG BEACH Dooley's Hdwr.
OAKLAND Allstate Plywood
Blackman Lbr.
Economy Lbr
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OJAI Bunce Bros.
Ojai Lbr
ONTARIO Ontario Lbr
OXNARD Thompson Lbr
PARAMOUNT Lindsay Lbr
PASADENA Lincoln Ave Lbr
George L Throop Co
PASO ROBLES Country Hdwr.
Hayward Lbr
REDWOOD CITY Sunset Lbr.
RIVERSIDE Edgemont Lbr
Glen Avon Lbr.
Magnolia Lbr
ROSEMEAD Reliable Lbr
SAN BERNARDINO Highland Ave
Lbr
John Suverkrup
SAN CARLOS Rayberg Lbr
SAN GABRIEL Plastic Center
SAN JOSE Creative Kitchens
SAN MATEO San Mateo Lbr
SANTA BARBARA S B Home
Improvement Center
SANTA MARIA AA Plywood
SANTA PAULA Dave's Bldg Matls.
SAUSALITO Interbay Lbr
SOLANO BEACH Solano Bch. Lbr.
SYLMAR Save-On
TORRANCE Home Owners Emp.
Vermont Lbr
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LAKEWOOD Hugh M Wood's
LITTLETON Sutherland Lbr.
Hugh M Wood's
PUEBLO Sutherland Lbr.

**HAWAII**
WAHIAWA Pioneer Home Sply.
WAILUKU Valley Hdwr.

**IDAHO**
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BUHL Lukes Bldg Ctr
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RAPID CITY Knecht Lbr
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STURGIS Key City Bldg Sply
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**Special! Algoma® Hammock. $3.95.**

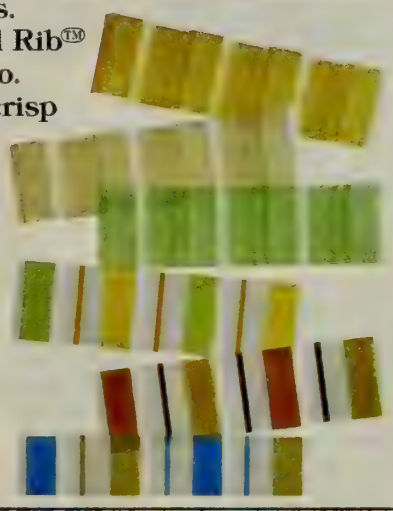
$10. value for just $3.95 and 5 labels from any Filon® fiberglass panels, plus 50¢ for postage and handling.
See any dealer listed above.

# here's outdoor living...and outdoor living.





Seek out a spot this summer far from the exasperating crowds—
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d, presto, you've never loafed in such soul-soothing surroundings.
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lor patterns, you get more soft, diffused light. Absolute luxury.
Both are top Filon quality. You can't buy better.
Get easy-to-build-it plans from one of the dealers listed. Then
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ILON® PATIO PANELS

FILON DIVISION OF VISTRON CORPORATION 12333 Van Ness Avenue Hawthorne, California 90250




## GOOD NEWS



### A quiet, energy-saving mower

Powered by a compact, high-capacity battery, his electric lawn mower will easily cut all of the rass on a one-third-acre lot on a single charge. hen, after spending 24 hours on the charger— t a cost of just pennies—the mower is ready o tackle another lawn.

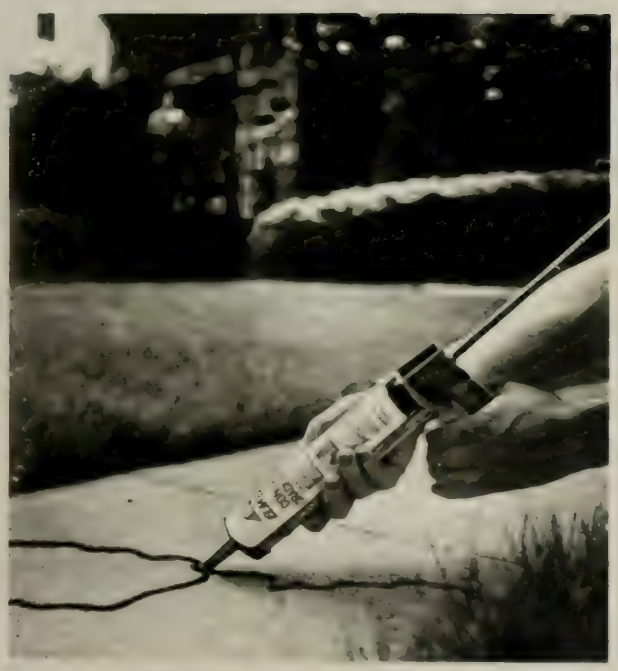
Two separate motors drive independent blades. The well-spaced wheels ride easily over irregularities in your lawn. The rear-mounted bag allows practically zero-clearance on either side of the mower.

*Black & Decker 19-inch Cordless Electric Mower,* $229.95. Black and Decker, Towson, Md. 21204.

### Concrete repair kit in a tube

Now that the nice weather's finally here, why not fix those unsightly cracks in your concrete sidewalks, driveway, or patio? There's no mixing, no mess with this new sealer. Just slip the 11-ounce tube into a conventional caulking gun and inject the product into the crack.

The sealer dries quickly and



cures completely overnight. But before final cure, you can clean the material from hands and clothing with soap and warm water.

*Elmer's Concrete Crack Sealer,* $1.85 in home maintenance departments. Borden Chemical, 180 East Broad St., Columbus, Ohio 53215.

continued

# Exciting Needlecraft for You

from Better Homes and Gardens



**Cheyenne Chief** — This proud "Cheyenne Chief" is a stunning tribute to the first Americans. You'll marvel at the rich detail and dramatic color in this spectacular crewel — friends can't help but be impressed with your fine handiwork. Makes a terrific gift. Kit comes with design-stamped rayon/silk fabric, wool and Dacron® polyester yarns, acrylic yarn, needle, and simple diagrammed instructions. Fits our 18" x 16" walnut finish solid wood frame.




**Crewel Owls** — Bird lovers can't help but be enchanted by Erica Wilson's endearing little owls. Their animated expressions and true-life colors aptly demonstrate the versatility and painting-like quality of crewel. Choose from "Screech Owl", "Great Horned Owl", "Barn Owl", and "Barred Owl" or make the foursome for an attractive grouping. Kits for the 4" x 5" mini-stitcheries come with design-stamped linen fabric, Dacron® polyester Persian-type yarn, needle, and simple diagrammed instructions. Fits our 4" x 5" wood frames.

**CREDIT CARD USERS CAN SPEED DELIVERY BY PHONING TOLL FREE**

Quantity

____No. 00742 Cheyenne Chief $7.99, 2 for $14.98
____No. 00105 Frame 18" x 16" $7.49, 2 for $13.98
____No. 00743 Kit and Frame $15.48, 2 for $28.95
____No. 00729 (A) Barred Owl $2.99
____No. 00726 (B) Screech Owl $2.99
____No. 00727 (C) Great Horned Owl $2.99
____No. 00728 (D) Barn Owl $2.99
____No. 00730 All four owls only $10.95
____No. 00106 Frame 4" x 5" $2.79 each, 4 for $8.49

Please include postage and handling. For orders up to $5 add $.90; $5.01 to $10 add $1.20; $10.01 to $15 add $1.35; $15.01 to $25 add $1.75; over $25 add $2.

Send order and remittance to.
**Better Homes and Gardens, Dept. 2FB**
**Box 374, Des Moines, Iowa 50336**

Total of Merchandise $ _____
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Please include applicable sales tax $ _____
Total $ _____

To use your credit card, fill out the boxes below — or on orders of $10 or more, **Speed delivery by phoning toll free: 800-228-2048,** 24 hours a day. (In some states you must dial 1 first.) In Nebraska, call collect 402-571-3358.

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Name _____ Expiration Date Month/Year
Address _____ Master Charge Interbank No.
City _____ Credit Card No.
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**OUR GUARANTEE:** Full refund if not completely satisfied.



# GOOD NEWS



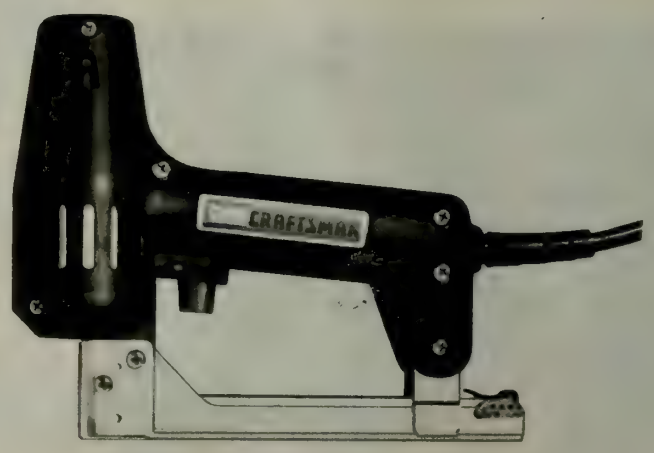
## Take-anywhere outdoor gas grill

Like your shop torch, this outdoor barbecue operates from a portable power source—a 14-ounce disposable propane cylinder. To get things cookin', all you have to do is screw the cylinder into place, flip a switch, light a match, and let the ceramic briquettes heat up for just a few minutes.

Food cooked on the grill tastes just as great as when cooked over real charcoal. That's because it's the smoke from the drippings on the coals that gives the outdoor flavor.

You can take the grill anywhere. It folds flat and can be carried from car to picnic site like an attaché case.

*Charmglowette,* $89.90; optional stand, $19.90. Charmglow Products, 908 Main St., Antioch, Ill. 60002.




## Fast-tacking fastener for the homeowner

Operating a hand-powered, spring-loaded stapler has always put the "squeeze" on the do-it-yourselfer. The tool is almost indispensable for many projects, but it's extremely tiring to use. It's a different story with this new electric stapler. It drives staples quickly and firmly with just a push of a button.

You can choose from five different staple sizes from 1/4 to 9/16 inch, depending on your project. For example, use 3/8-inch staples when fastening upholstery materials to a hardwood frame; 9/16-inch when attaching ceiling tiles to furring strips.

A safety switch prevents accidental operation. The tool is designed to reach into corners, and its basic shape makes precise staple placement easier than with other staplers.

*Craftsman Electric Tacker,* $35, at Sears.




## Tough tire for the family on the go

If vacation travel for your family means a lot of enjoyable miles on and off the highways between destinations, you know the value of having good tires. This incredibly durable new tire should suit your needs perfectly—whether you drive a car, station wagon, pickup camper, or mini-motor home.

It's an all-steel radial; no fabric is used anywhere in its construction. Two woven-steel mesh belts beneath the tread keep the tire firmly against the pavement. The sidewall plies also are made of steel. The tire carries a Load Range D rating—which is an eight-ply rating—and comes with a 50,000-mile tread wear guarantee.

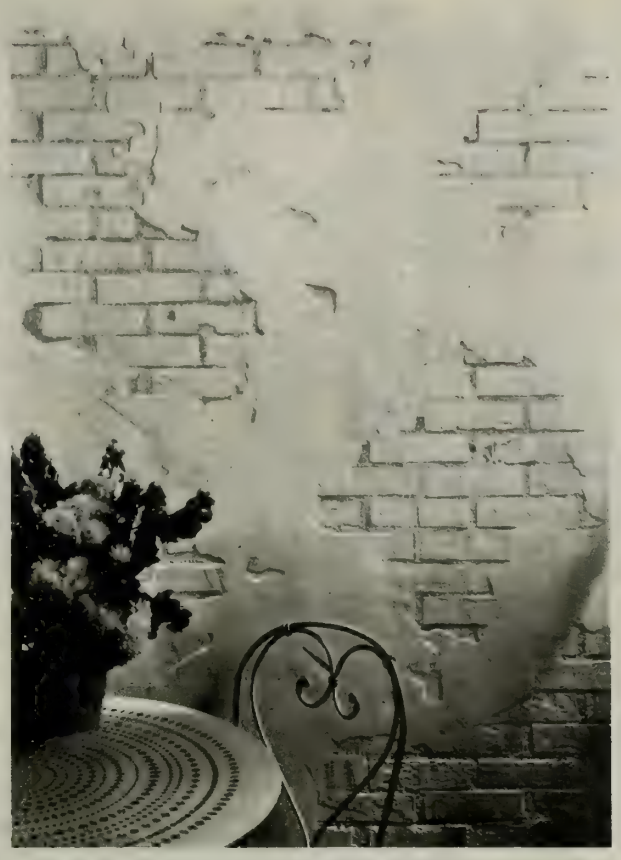
Even with all its toughness, the tire provides a velvety soft ride. Each cord in the tire plies is made of 21 strands of fine wire, twisted into a strong but very flexible cable.

*IRI All Steel Radials,* from $65 at independent tire dealers. IRI, Inc., Box 99307, Louisville, Ky. 40299.

## Installing an interior "brick" wall—a sheet at a time

What looks like weatherworn stucco over time-scarred brick is really tempered hardboard paneling. It's great for giving a recreation room a fresh garden atmosphere. The durable panel surface resists denting and chipping—and wipes clean with a damp cloth.

The panels have no "right side up." Either side makes a perfect brick and stucco pattern match with the panel next to it.



*Wal-Lite Pump House Deep Dimension Paneling,* about $13.95 per four by eight sheet. USG, 101 South Wacker Drive, Chicago, Ill. 60606. ■


# Special Introductory Offer

*Start your set with this money-saving offer on luxury stainless cookware by Regal.*





Think of what you want most in cookware and then check the qualifications of this remarkable stainless. This heavy-weight luxury cookware has an inner core of carbon steel for fast, even heating. Stainless surfaces make clean-up easy. Covers fit so snugly, you can cook at low heat with little or no water which saves vitamins and fuel.

We are confident that its durability, convenience and appearance will delight you.

Betty Crocker

You would expect to pay considerably more for cookware of this high quality in stores. Now you can start your set with our introductory offer for only $5.95 for the 1-quart saucepan or $9.95 for the 6-quart Dutch oven. Save even more by ordering both for $14.95. Complete your set from open stock at big savings with Betty Crocker coupons that come with over 175 General Mills products. Catalog showing all pieces of the set will be sent with your order.* If not entirely satisfied with your order, return it within 10 days and your money will be refunded. This special offer ends August 16, 1976.

*Other pieces available from catalog: 2-qt. and 3-qt. covered saucepans, 2-qt. double boiler, 8-qt. and 12-qt. Dutch ovens, 8″ open fry pan and 10½″ covered chicken fryer.

General Mills, Inc.
Box 749, Minneapolis, Minnesota 55460

I enclose $_____ (check or money order) for (check one):
_____ 1-quart saucepan, $5.95 _____ 6-quart Dutch oven, $9.95
_____ Both for $14.95

Name_____
(Please print)

Address_____

City_____ State_____ Zip_____*

*To assure delivery, give zip code. Offer good only within U.S.A. Expires August 16.

# PAINT ISN'T ALL IT'S CRACKED UP TO BE.

## Consider these guaranteed alternatives...

Whether the exterior of your home is old paint, stain or new wood, the finish you put on should do two things: Look beautiful and stay that way. That's why, before you settle for ordinary housepaint, we'd like to show you some guaranteed ways to do the job better.

### Olympic Overcoat®: Put it over paint.




If old paint's your problem, the answer is Olympic Overcoat—the acrylic latex coating that goes on easily, covers almost any surface in a single coat and dries quickly to a beautiful flat finish that lasts and lasts.

Olympic guarantees you'll like Overcoat better than anything you've ever used. Try it. If you're not convinced, return your first gallon and any un-opened cans to your dealer for a full refund.

### Solid Color Stain: For the mellow look.

Olympic Solid Color Stain combines mellow, rich color with lasting protection. Rich in pigment, it hides beautifully—usually with a single coat. But, rather than forming a thick film it penetrates; lets wood breathe. We guarantee to refund your money or provide replacement gallons at our option if Olympic Stain ever cracks, peels or blisters (except when caused by a breakdown of the previous paint film). Our guarantee does not cover labor costs.

### Acrylic Latex Stain: For easy water clean-up.

You can get the same mellow beauty, the same remarkable guarantee—plus fast-drying and easy water clean-up with Olympic Acrylic Latex Solid Color Stain. Look for the blue can.

### Semi-Transparent Stain: For the ultimate beauty of wood.



Olympic Semi-Transparent Stain does the most beautiful thing you can do for new wood: It highlights the grain and texture, enhancing wood's appearance with soft color that weathers graciously. Rough or smooth siding, decks, fences, outdoor furniture—you name it—if it's wood, nothing you can use adds the same subtle beauty and lasting protection you get with Olympic Semi-Transparent Stain. It, too, is backed by the Olympic Stain guarantee.

For straight answers to any questions you have about finishing your home, see your Olympic dealer. Look for them in the Yellow Pages.

OLYMPIC®
Olympic Stain.
A division of COMERCO, INC.
Dept. C, 1148 N.W. Leary Way
Seattle, WA 98107 (206) 789-1000

### Olympic Overcoat or Olympic Stains.





HE COOKS

## Sherried Tomato Soup & American Carpetbagg

When John Newman, a high school teacher, ent small groups of friends, h to serve dishes from othe tries. His repertoire now i several cuisines—among Russian, Spanish, and Chi well as Australian.

John learned about Aus cooking from first-hand sure. While in Australia ing under a Fulbright Gr enjoyed the Australian bagger steak so much tha returning to the States veloped an American v When he serves the hearty and shrimp-stuffed steaks, ually prepares another Au favorite, a vegetable-stud mato soup, for the ap course.

Living in Australia als John a taste for lamb. N home in Wisconsin, the N family—wife Connie an Mark and Luke—raise la their freezer.

**AMERICAN CARPETBAGGI**

**1½ pounds beef sirloin stea cut ¼ inch thick**
**½ cup dry red wine**
• • •
**¼ cup finely chopped celer**
**1 tablespoon butter or mar**
**1 7½-ounce can minced cl well-drained**
**1 4½-ounce can shrimp, w drained and mashed**
**½ teaspoon worcestershire sauce**
**½ teaspoon prepared horse**
• • •
**6 slices bacon, partially co**

Cut meat in six servin portions. Marinate in wi 2 hours at room tempe turning occasionally. Cook in butter or margarine till but not brown, about 10 m Stir in clams, shrimp, wor shire, and horseradish. Set Drain meat well. Pat out filling atop each meat s roll up jelly-roll fashion. W piece of bacon around eac Secure with wooden picks with marinade. Place mea on broiler rack. Broil 4 inches from heat for 10 minutes for rare or till r desired doneness, turning quarter-turns occasionally move wooden picks befor ing. Makes 6 servings.





Photographs: Hedrich-Blessing; Dieter

**SHERRIED TOMATO SOUP**

- **1 medium onion, chopped (½ cup)**
- **1 medium carrot, coarsely shredded (½ cup)**
- **3 tablespoons butter or margarine**
- **¼ cup all-purpose flour**
- **1 teaspoon salt**
- **Dash ground nutmeg**
- **1 32-ounce can (4 cups) tomato juice**
- **2 cups beef broth**
- **½ cup dry sherry**
- **1 tablespoon snipped parsley**
- **1 tablespoon honey**

In saucepan, cook onion and carrot in butter or margarine till tender but not brown. Stir in flour, salt, and nutmeg. Add both tomato juice and beef broth. Cook and stir till slightly thickened and bubbly. Add sherry, parsley, and honey; simmer till vegetables are tender, about 5 to 10 minutes. Makes 6 servings. ■

**WANTED:**
**RECIPES MEN LIKE TO COOK**

*Men—share your recipe with us. We'll pay you $50 for it if selected. No food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. Recipes submitted become property of Meredith Corporation.*


# You can take this round steak and make a good dinner for two.



## Or a great dinner for six.

**Beef with Sour Cream.**

- **1** pound lean beef round steak
- **¼** cup flour seasoned with salt, pepper, and garlic powder
- **2** tablespoons vegetable oil
- **¾** cup chopped onions
- **1** cup beef broth
- **½** teaspoon thyme
- **1** can (4 ounces) sliced mushrooms and liquid
- **1** package (10 ounces) frozen green peas
- **½** cup sour cream
- **3 to 4** cups hot cooked rice

Remove bone and fat from steak. Cut meat into thin, narrow strips. Dredge in flour. Using a large skillet, quickly brown meat on all sides in hot oil. Add onions, broth, thyme, and liquid from mushrooms. Cover and simmer about 45 minutes or until meat is tender. Add mushrooms and peas. Cover and cook 5 to 7 minutes. Stir in sour cream. Heat but do *not* boil. Serve over hot fluffy rice. Garnish rice with pimiento, if desired. Makes 6 servings.

For other menu-stretching recipes, write to:
Rice Council of America, Box 22800, Houston, Texas 77027.

Name_____

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## RICE.
## A great eating idea whose time has come.

FAMILY FOOD IDEAS



# *A* SHARE-THE-WORK, SHARE-THE-FUN DECK-RAISING WEEKEND!!!

**What barn raising was for your forebears, deck raising can be for you and your friends. The basic good-neighbor idea is the same—we just substituted a fun deck for a functional barn, simplified the carpentry skills, and mixed in good food and drink to fuel the gang for a work-and-play weekend.**

**The logistics go like this. Consult with three or four hale-and-hearty couples and set a date. Order the materials and pray for good weather. Also make plans for the snacks and lunch—and the we-done-it celebration that caps the second day.**

**You can follow our schedule for a weekend or plan for two Saturdays. Either way, you'll have a winning deck and a world of fun.**

**By Stephen Mead and Nancy Byal**

**About materials:** The 12x12- and 6x8-foot sections of this deck total 192 square feet. We used about 915 board feet of clear redwood, including the canopy. The retail cost was about $869. You can get a ball-park estimate for this size deck from your local lumber dealer by checking his board-foot prices. He'll quote lower prices for garden-grade redwood, treated and untreated fir. And you'll need to add about $68 for concrete mix, nails, etc.

**Step One—Getting ready.** Dig the postholes and set the 4x4 posts ahead of time so the concrete will cure—a day should be enough. To duplicate this deck exactly, follow the post-setting plan *(drawing 1)*. It's best to set all the posts and trim them off to their exact height after the concrete is cured.

Then, come Saturday morning, plan some time for briefing, some double-checking, and stacking the lumber. Recheck the plumbness of the canopy support posts with a builder's level *(left)*. Have your friends double-check the height of the posts *(below)* with a heavy string and line level.

Then the nailing starts with attaching the ten-inch-long ledgers to the









Photographs: William Hopkins



posts *(top).* Have one person hold a short length of 2x4 to help brace the post while another nails.

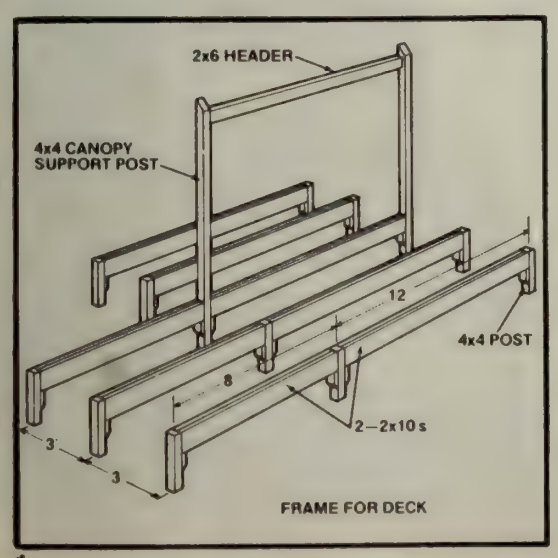
**Step Two—Joists.** Appoint a joist-laminating crew and start nailing two 2x10s together for each joist *(above).* Use two rows of galvanized nails spaced every 12 inches. Next, force the joists between the posts and toenail in place *(drawing 2).* You can expect to do some fitting as you go at this step—use a scrap 2x4 *(right)* when you position the joists with a hammer, and keep hammer dents to a minimum.

**Lunchtime**—Put the food on hold so the crew can take time out for lunch whenever they choose. Spicy knackwurst, bratwurst, Polish sausages, and franks simmer in a pot of beer and stay hot on a tabletop burner. For do-it-yourself bunwich dressing, there's a rainbow of colorful toppers: **Sandwich Coleslaw, Ratatouille Relish, Red Pepper Relish,** plus pickle spears and pitted ripe olives. The slow crockery cooker hugs in the heat for **Crock-style Beans.** Baskets of chips are a natural for this no-fuss lunch. And for dessert—it's fruit-on-a-stick. Thread pineapple, banana, and strawberry chunks on skewers and keep the fruit kabobs fresh and chilly in an ice bucket igloo. (Recipes begin on page 76. )

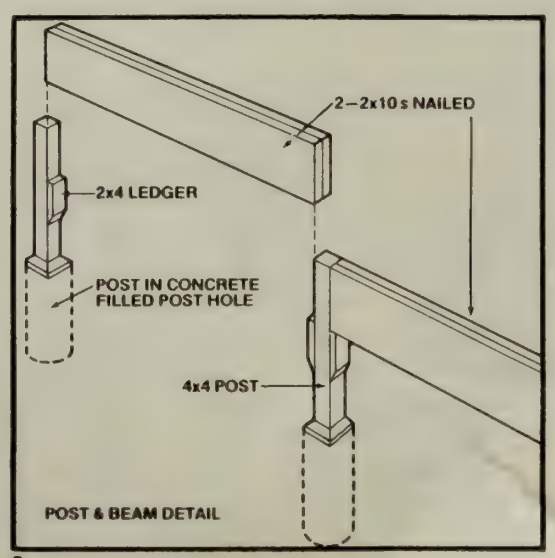
**Step Three—Decking.** This is the bulk of the work, so smooth the way by working out your own system for spacing and nailing. Take your time in getting the first 2x6 placed—it should be flush with the outer edges of the posts and perpendicular to the joists. After the first nail, get an assembly line go-



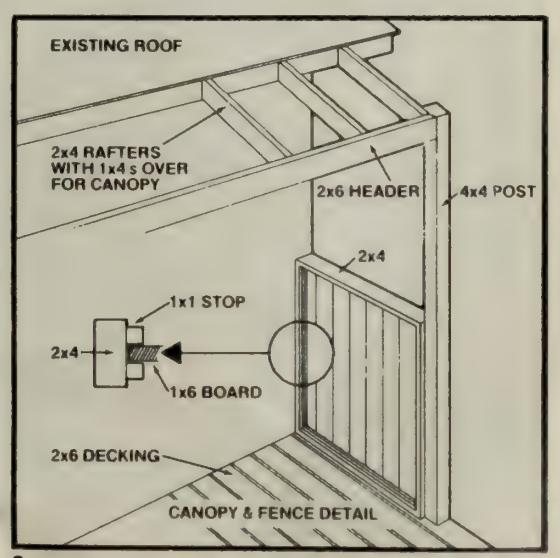
ing. Have a couple of people feed the decking onto the joists and others start nailing. Experiment to see what works best for your group—perhaps have one person space and anchor all of the decking, and the whole crew complete the nailing-down at the end. Or you may appoint some of your less skilled friends to follow the leader and nail each 2x6 as they go, once the leader has it anchored in place. This is a job kids can do well, so draft any who are




1




2




3



# *A* SHARE-THE-*WORK*, SHARE-THE-FUN DECK-RAISING WEEKEND!!!

available. For easy spacing, use a ¼-inch plywood scrap *(right)*.

**Knocking off.** For the first day, quitting time will depend on the crew's aches and pains, blisters, and hammered thumbs. The ideal point is when you can see the end of the decking and the start of the canopy, and have reserve energy for next morning.

**Step Four—The canopy.** You can tackle this independently of the others —just as long as the canopy crew doesn't step on the decking crew. Toenail the 2x6 header *(drawing 3)* between the support posts first. The scrap 2x4s extending beyond the posts *(right)* help stabilize them during the setting stage and while you nail the header. Remove the 2x4s later. To establish the angled cut for the rafters, lay one on the roof, extending over the header. Then draw a line upward from the fascia and the inside of the header. Cut the first rafter and test for fit; then cut the rest and nail in place every two feet. Apply 1x4s and trim off posts.





**Time for a break!** Roll out this cartful of welcome snacks *(left)*. **Soft Whole Wheat Pretzels** let you skip a step and give frozen bread dough a new twist. And if the hammer hand's dragging, fill it with **Caramel Cereal Mix** for a tasty pick-me-up. An innocent blend of refreshing fruit juices, **Carpenter's Punch,** satisfies thirsts and keeps the deck raising true to plumb. A giant jug holds a daylong reserve.

**Step Five—Privacy screens.** Like the canopy, screens aren't essential, but these are simple *(drawing 3)* and good-looking. First build a frame of 2x4s to fit the opening and nail in place. Then nail either the front or





back 1x1 stop all the way around, nail in the upright 1x6s to the top, and add the opposite stop. You can build the screens anywhere along the line, or you can wait till later if your schedule, like ours, dictates.

**Midday, ready the big reward.** The thought of **Hickory-smoked Turkey** will keep the gang going, and an occasional sprinkling of damp hickory chips



*(above)* will keep the coals smoking.

**Step Six—Finishing touches.** Trim off the decking *(top left)* with a circular saw and add any steps you'll need. Use 2x10s for the stringers, set at a comfortable angle, then nail on ledgers for the 2x10 treads.

**Chow's on—and we almost made it!** For our bunch, it was a question of cleaning up themselves or the deck before the help-yourself buffet. And the deck lost. Hungry, but clean, deckhands pile plates high with slices of **Hickory-smoked Turkey** accompanied by tangy **Cran-Raspberry and Sour**



**Cream Mold,** steaming **Broccoli-Rice Casserole,** a platter of zucchini slices and tomato wedges, and **Speedy Crescents** rolled with a horseradish spread.

**The weekend after—**You should be able to polish off privacy screens and staining. Add your furniture and enjoy —and expect your friends to ask you for a weekend's work soon.

*Recipes begin on page 76.*



# ALL-SUMMER HARVEST IN YOUR BACKYARD GARDEN

In our April issue, we started a step-by-step story on how to plan and plant a 25x25-foot backyard vegetable plot. We grew the garden last year to test its yield and planted it again this spring. If you started with us, June's the time your spadework pays off with the first big harvests. You can count on a continuous supply of crisp salad fixings and, by month's end, fresh peas and early cabbage. It's a bountiful time, even if the weather acts up. In our test garden, we battled deluges and windstorms and didn't find a way to control either. But we had good luck warding off weather-related woes, so check our tips on preventing early-summer troubles. Included are tips on mid- and late-summer growing.





## EARLY SUMMER

### *Expect quick growth*

in your garden this month. In just 20 days, the vegetables in our test garden changed from tender young seedlings to lush, strong plants. The photograph above shows the garden on June 3; the view above right was taken on June 23. The salad greens and peas, in the foreground, are mature. Beans, tomatoes, and other crops planted later are catching up with the early ones.



### *Pick and pull*

salad makings daily during June—you won't make a dent in your backyard supply. In this June 3 harvest, left, are green onions, radishes, ruby lettuce, green lettuce, and ruffly kale. Other crops ready for the table that day included roquette (a tangy green), spinach, and abundant parsley.





**Onions interplanted** with the cabbages, above, should be pulled as soon as they're large enough to eat; if you leave them in the ground too long, the fast-growing cabbages will smother them. These onions were ready to pull and use in early June.

**Do yourself a favor** and put a three- or four-inch layer of straw, hay, or grass clippings down between the rows in your garden, left. If you cover all open soil you'll choke out potential weeds and hold moisture in the ground during dry months ahead. We added a straw mulch in early June—in May the weeds hadn't started yet, so the mulch wasn't necessary. Also, we wanted the soil to warm up in May sun; warm soil is important to heat-loving plants like tomatoes.

## EARLY SUMMER REMINDERS

Like gardeners everywhere, we dream of getting *one* inch of gentle rain once a week during the growing season. It's never happened yet. Last year, after an abnormally dry May, we had 4½ inches of rain in the first few days of June. Temperamental weather can cause problems unless you take quick action.

- If you don't get regular rains, *soak* the garden once a week. Let your hose/sprinkler setup run until you've added an inch of water (set a coffee can in the garden and measure the water it catches). Too little water can mean death to your plants.
- Downpours can beat down lettuce, spinach, and other leafy vegetables. Unless the storms continue day after day, these crops will recover with no help from you. Do, however, straighten up peppers, eggplants, and tomatoes that have come loose from their stakes. To prevent tomato damage, keep tying new shoots up as they grow.
- In wet weather, watch for early blight on tomatoes. If yellow-brown spots develop on older leaves, pick them off and destroy them. Move mulch away from bases of affected tomatoes to let soil dry out thoroughly.

**Also in early summer:**

- Thin lettuce, spinach, beets, carrots, and Swiss chard.
- Cut off seed heads that form on onions, spinach, roquette, kale, and lettuce.
- If the dwarf sugar peas start to sprawl, use stakes and twine to fence them in.
- Suspect flea beetles if tiny shot holes appear in eggplant leaves. The beetles attacked our test garden plants. We decided to wait out the invasion instead of using a pesticide. Leaf holes weren't large enough to kill the plants—the damage just weakened them for a week or two. For fast control of flea beetles, use Sevin.

**Once the garden is mulched** your biggest job (and pleasure) will be harvesting. The work goes fast with the whole family helping. As you work, watch for trouble spots and take care of them before things get out of hand. At right, the eggplant is sprinkled to wash spattered mud off the leaves. The eggplant got this special attention because it wasn't growing well. The lettuce keeps salad bowls filled until the hot days of early summer arrive.



Photographs: William Hopkins; Mike Dieter

# MID SUMMER

**If midsummer brings you blazing sun and little rain, you'd better keep the hose handy. Once-a-week soakings will repay you with bushels of beans, more tomatoes than you can eat, and a glut of zucchini that will send you scrambling for *one more way* to cook it. And be prepared to eat cabbage daily! Have canning jars and freezer gear handy for the excess.**





*It was a close race* but Small Fry, above, won the prize as the earliest bearing tomato in our test garden. By mid-July, it wasn't hard to fill a two-quart container with Small Fry and Yellow Pear fruits at a single picking. To get peak flavor, let these and other tomatoes fully ripen on the vines. And remember, they need deep waterings during dry weather to produce normally.

*Although we planted* a dwarf variety of curly kale, foreground right, it was knee-high by mid-July. It and the bulb-like kohlrabi teamed up with Swiss chard, beet greens, tomatoes, cucumbers, onions, peppers, and herbs in mid-summer salads. When picking kale, choose the lower leaves. Pick outer stalks of chard (stalks are edible, too).

**See page 82 to order your canning accessories.**





*This crew of harvesters* left, have good reason to be happy. They can feast on a variety of fresh vegetables, and share the surplus or put it up for wintertime use.

*If you have ever been wiped out* by cabbage-worms, you'll understand why we consider this perfectly formed Danish Roundhead cabbage, at left, a gardening triumph. We give credit to the treatment with *Bacillus thuringiensis*. Until harvest, spray cabbage, kale, and kohlrabi at intervals recommended by the manufacturer; reapply after a rain.

Pick cabbage when heads are solid. Use a knife to cut them free, then pull roots to clear space for the fall crops.

## MID SUMMER REMINDERS

- Pull lettuces, spinach, and pea vines as they fade, and replant with turnips. Broadcast turnip seeds in space and rake in. After turnip seedlings are three inches high, thin till plants are three inches apart.
- Pull fading roquette and replant space with onion seeds.
- After cabbages are harvested, sow seeds of Tendergreen mustard and Oak Leaf lettuce.
- Water all new sowings daily.
- If you see small green worms on tomatoes, tap the invaders off into a can of kerosene.
- Break tops of onions you want to keep for winter use. Pull soil away from bases to let the onions sweeten in sunshine.
- Pay particular attention to cucumbers at watering time. They simply won't bear if they don't have water, and the vines might even die during spells of hot weather.

# LATE SUMMER

**te summer and fall are tisfying times in the vegetable rden. Eggplant, mature rrots, and fresh, tender rnips add to the constant pply of tomatoes, summer quash, peppers, chard, and le. And newly sown greens ow to a usable size. Pulling ot crops is an exciting rden-season finish.**



## The turnip patch

bove, sowed mid-season to eplace April-planted greens nd peas, can be reached from ther side, so the harvesting easy. Actually, rows in garden simply facilitate arvesting and care; otherwise, ney're wasted space. So if you ave space open mid-season, onsider broadcasting. Evaluate hether you have walkways eside the section first. If you o, go ahead—we got a bushel f turnips from this 16-foot- ng planting.

## If you can pull carrots

s you pull radishes or kohlrabi, ou don't have as much clay n your soil as we do. We had o resort to the spading fork to et the golden crop from the round, right. It was a eliberate decision to let the arrots grow till late summer. We could have used them arlier as tender baby carrots, ut we chose to leave them as ve had so many other vege- ables to use during the middle f the season.





## At mid-season

we planted the mustard in a traditional row because all the cabbage wasn't harvested and we needed a walking path back to the heavily bearing beans and chard (just behind the gold-flowered marigolds at left). Let your mustard grow taller than this before you start harvesting. The plants should be four to five inches high before they're used. Pick the outer leaves first.

## LATE SUMMER REMINDERS

- Dig the shallots and pull or dig the winter onions. Spread or hang them in a cool place—like the basement or your garage—till they dry off. Then store in an open box in the basement for use during winter.
- Loosely cover tomatoes, peppers, eggplant, and any other warm-weather crop on nights that frost threatens in your area. Use plastic bags from the dry cleaners, or newspapers, or any other lightweight material you have.
- Before killing frost, pick all green tomatoes and wrap them individually in torn-up newspapers. Store in a dark, cool place and check often for ripeness. They may not taste as good as vine-ripened fruits, but they'll match the ones you can buy in winter.
- After your garden fades for the season, clean up all plant material and either put it in the compost pile or bag it and throw it out. Unless you have had serious insect or disease problems, turn the mulch over and mix it into the soil of your vegetable garden.

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FAMILY FOOD IDEAS






# Win money for your recipes

## Meatless Main Dishes—Cupcakes

**Do you stretch the weekly food budget** with a family-plea ing meatless main dish? Or, is the favorite treat at your house homemade cupcake specialty? We're looking for both. Send yo recipe for either or both categories, and you could be a priz winner next January. Two Cooks-of-the-Month receive $50 eac Four Runners-up receive $25 each, and 12 Honor Roll winne get $10 each. The selected winning recipes will be pictured on th Prize Tested Recipes pages next January. All 18 winners recei a framed Better Homes and Gardens Certificate of Endorseme and six copies of the endorsed recipe.

## Hints to Help You

**Meatless main dishes** might use alternate protein sources, such as eggs, cheese, dry peas, beans, or nuts. Maybe you combine tofu, peanut butter, or soy with vegetables, rice, or pasta for a winning entrée. Suggestions:

*Swiss rarebit*
*stir-fry tofu skillet*
*peanut butter bean loaf*
*egg and onion pilaf*
*cheddar-eggplant bake*

**Cupcakes** can send the imag nation soaring with fillings, fro ings, mixes, and homemade ba ter ideas. Do you bake up batt in unusual shapes, top with fruit glaze, or flavor with a pop lar liqueur? Pointers:

*fruit cobbler cupcakes*
*coconut creme kisses*
*fig-filled cakes*
*spicy molasses gems*
*mocha brownie cupcakes.*

## THIS MONTH'S WINNERS

*(See recipes on pages 115 and 116.)*

### Cooks-of-the-Month

Mrs. D. M. Conwell, New Providence, N.J.
Beverley Kelton, Camarillo, Calif.

### Runners-up

Douglas Gammon, Redondo Beach, Calif.
Mrs. Sophie Herman, Stoughton, Mass.
Linda L. Shuck, Sedalia, Mo.
Muriel Hays van Dyck, Atlanta, Ga.

### Honor Roll

Karen Baker, Many Farms, Ariz.
J. A. Earle, Freeville, N.Y.
Vicki A. Gomez, Dearborn, Mich.
Carol Ann Laferriere, Waterbury, Conn.
Mrs. Donna M. Lutz Encinitas, Calif.
Angeline Martis, Merrillville, Ind.
Loretta B. Mayer Sherman Oaks, Calif.
Helen M. Mize, Lakeland, Fla.
Mrs. Mary B. Newsom, Grand Ridge, Fla.
Jill Puziss, Seal Beach, Calif.
Mrs. John P. Ryan, Baltimore, Ohio
Mrs. Leonard F. Thiel, Indianapolis, Ind.

## CONTEST RULES

1. Write or type your recipe clearly on one side of the paper and ma it "January Meatless Main Dishes" or "January Cupcakes." If yo wish, send a recipe for each of the two categories.
2. Print your full name and address in upper right corner of paper.
3. Give measurements in *level* cups, tablespoons, teaspoons.
4. Specify brand names of the *nationally* known food products you us as ingredients so we can test your recipe with the same brands.
5. Include 50 to 100 words about the origin of the recipe you subm
6. Recipes submitted become property of Meredith Corporation.
7. Entries must be postmarked by midnight, June 30. In cases whe duplicate recipes are submitted, the one with the earliest postma will be judged. All judges' decisions will be final.
8. We reserve the right to adjust and edit winning recipes.
9. Address the recipes you enter to 7606 Test Kitchen, Better Home and Gardens, Des Moines, Iowa 50336.



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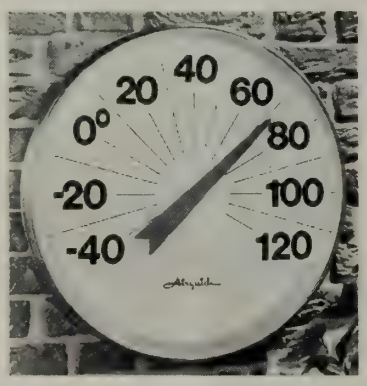
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# Look and Cook: Blanching vegetables for freezing

No matter what you've heard, vegetables need the proper p tection to keep their garden freshness in the freezer. That's t purpose of blanching. This brief precooking impedes the action enzymes—the culprits that play havoc with the color, flavor, a texture of vegetables.



Most vegetables call for *blanching in boiling water*. Use a w or metal basket that fits down into a large kettle or saucepan w a tight-fitting lid (top left). Bring a minimum of one gallon of w ter to boiling. Place about one pound of the prepared vegetab in the basket and lower it into the rapidly boiling water. Cov and start counting time immediately. (Check a freezing a blanching chart in a cook book for specific times.)

Broccoli, sweet potatoes, and winter squash may also be *stea blanched*. Use a kettle with a tight-fitting lid and a basket that h a rack or lip to hold the basket at least three inches from t bottom of the kettle (top right). Pour in an inch or two of wa and bring to boiling. Arrange a single layer of vegetables in t basket, lower into the kettle of boiling water, and cover. St counting blanching time immediately.



**Buying information, page 74**

Photographs: Di

Cool vegetables as quickly as possible by plunging the fill basket into a large pan of ice water. This prevents the food fro overcooking. Add ice to the water as needed to keep it cold. It w take about the same time to cool the vegetables as it did to blan them. Drain the vegetables thoroughly, pack in moisture-vapo proof containers, and freeze at 0° or less.



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# HOUSEPLANT HOW-TO

## An old-timer's comeback

Years ago, the aspidistra was a common houseplant—until it became too much of a good thing. Its common name, cast-iron plant, aptly describes its easy-care qualities. Leaves are tough, but arch nicely to form a rounded plant.



The aspidistra isn't fussy about temperature, light, or water. If you want something green that you can pretty much take for granted, this is it. You can't put it in an unlighted hall or entryway and expect it to thrive but a dim north light will suit it fine.

While an aspidistra survives infrequent watering, it does better if the soil is kept somewhat moist. In other words, keep the soil moist if you have the time, but if you forget occasionally, you won't have a disaster.

When the pot becomes crowded with leaves, knock out the whole plant and divide the roots, retaining a minimum of three leaves per division.

## Coleus from seed

Coleus are commonly available now at plant stores, but for fun and surprises try growing them from a packet of mixed seed. It's easy as can be.

Plant the seeds in peat starters or peat pots filled with moist milled sphagnum moss. The seeds are small so just press them into the medium and keep moist. Specks of green will appear in about a week. In another two or three weeks, the dazzling colors will begin to spread over the leaves. When seedlings have two pairs of leaves, transplant to two-inch pots, then to three- or four-inch size. In a couple of months you'll have a big, showy collection to decorate with.

## Inexpensive specimen plant to try

Any large plant, no matter how common, can cost more nowadays than you want to pay. You found that you can pot three small plants of asparagus fern together and get the effect of a larger plant that costs twice as much.

It's best to buy fast growers for this thrifty sleight of hand



paragus fern, wandering Jew, pothos, lantana. They're all cascading plants so you have to hang them or set them on plant stands.

Besides enjoying the initial saving of money, you'll find it easy to increase your collection: divide asparagus fern by division, most others by stem cuttings.

## June reminders

- Light in a south window is right too strong for African violets. If you don't have sheer curtains or venetian blinds to cut the light intensity, move your plants to an east- or north-facing window.
- Take cuttings of impatiens. They'll root in water, vermiculite, or perlite and peat.
- Keep a check on hanging plants. They dry out faster than others and may need daily watering, especially if they're hanging by an open window.
- If you've set plants outside in the ground, give them a half turn once a week. This prevents roots from running out the hole in the bottom of the pot and anchoring it in the soil. That can make removal difficult and damaging to the plant. ■

# Q. Does Gibson pack a coupon for Tide in every new automatic washer?

# A. Do kids play with puppies?




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# Buying guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

**HE COOKS**
**Page 59** (bottom): Soup pots, oval platter, and serving fork and spoon—Denby Ltd., Inc., 41 Madison Ave., N.Y., N.Y. 10010.
**BLANCHING VEGETABLES FOR FREEZING**
**Page 70** (top): West Bend Cooker—The West Bend Co., 400 Washing Bend, Wis. 53095. (Bottom): tainers—Republic Molding West Touhy Ave., Chicago, Ill
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**Page 89** (top left): Fabric bookcases "Printex"—Design Campanelli Dr., Braintree, M (Top right): Door fabric—Wa rative Fabrics, Div. of F. Sch Co., 58 W. 40th St., N.Y., (Bottom left): Sofas—Conte cepts, 15 Ann St., Norwalk, C (Bottom right): Sheets and pil Vera for Burlington House, of the Americas, N.Y., N.Y. tical blinds—Al Burkhardt Co Co., 1152 Second Ave., N.Y.,
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begins on page 60

# Deck-raising recipes

### SANDWICH COLESLAW

*Simmer assorted sausages in beer, then serve in hot dog buns with this crispy sweet-sour topper—*

- 2 cups finely shredded cabbage
- ⅓ cup thinly sliced green onion
- ¼ cup snipped parsley
- 2 tablespoons sugar
- 3 tablespoons vinegar
- 1 teaspoon salt
- ½ teaspoon celery seed
- Dash bottled hot pepper sauce

Combine cabbage, onion, and parsley. Stir together sugar, vinegar, salt, celery seed, and hot pepper sauce. Pour over cabbage mixture and toss. Cover and chill. Makes about 2 cups.

### RATATOUILLE RELISH

*Make relish a few days ahead—*

- 2 medium green peppers, stems and seeds removed
- 2 tomatoes, cored
- 1 medium onion
- 1 medium zucchini
- ½ of small eggplant, pared
- 2 tablespoons salt
- 1 cup sugar
- 1 cup vinegar
- 1 cup water
- 1 teaspoon mustard seed
- ¾ teaspoon celery seed
- ¼ teaspoon fines herbs

Using coarse blade of food chopper, grind peppers, tomatoes, onion, zucchini, and eggplant. Stir salt into vegetables; let stand overnight. Rinse and drain vegetables. In medium saucepan, combine sugar, vinegar, water, mustard seed, celery seed, and fines herbs. Stir in vegetables. Bring to boiling; reduce heat and simmer 5 minutes, stirring frequently. Cool, then cover and chill till ready to use. Makes about 4 cups relish.

### RED PEPPER RELISH

- 6 sweet red peppers (about 1½ pounds), stems and seeds removed
- 2 medium onions, quartered
- ¾ cup sugar
- ¾ cup vinegar
- 1½ teaspoons salt

Using coarse blade of food chopper, grind peppers and onions, reserving juices. In Dutch oven or large saucepan, combine peppers and onions, reserved juices, sugar, vinegar, and salt. Bring to boiling; boil gently, uncovered, 20 to 25 minutes. Cool, then cover and chill till needed. Makes about 2 cups relish.

### CROCK-STYLE BEANS

*Soak the beans overnight, then start them cooking early in the day—*

- 1½ pounds (3¾ cups) dry navy beans
- 3 quarts water
- 6 ounces salt pork, cut in small pieces (1 cup)
- 1½ cups chopped onion
- ½ cup light molasses
- ¼ cup packed brown sugar
- 1½ teaspoons dry mustard
- ½ teaspoon salt

Rinse beans. Add beans to water; cover and soak overnight in refrigerator. (Or, bring to boiling; simmer 2 minutes. Remove from heat; cover and let stand 1 hour.) Bring to boiling; reduce heat and simmer, covered, 1 hour. Remove from h
Drain beans, reserving 3 cup
the cooking liquid. Place bean
3-quart slow electric crockery c
er. Stir in 2 cups of the reser
cooking liquid, the salt pork, on
molasses, brown sugar, must
and salt. Cover and cook on h
heat setting for 5 to 6 hours.
ring several times. Add additi
cooking liquid, as needed. Make
servings.

### SOFT WHOLE WHEAT PRETZE

- 1 16-ounce loaf frozen whole wheat bread dough
- 1 slightly beaten egg white
- 1 tablespoon water
- Coarse salt

Let bread thaw in refriger
overnight. On floured surface,
dough to a 12-inch square, allow
dough to rest during rolling if ne
sary. Cut into 36 strips, 12 in
long and about ⅓ inch wide.
each strip into a rope 14 inches l
Shape into pretzels by formin
knot and looping ends throu
press ends down to seal. Arra
pretzels ½ inch apart on
greased baking sheet. Let stand,
covered, for 20 minutes. Com
egg white and water; brush mix
on pretzels. Place a shallow pa
lower rack of oven; add boiling
ter to a depth of about 1 inch. P
baking sheet with pretzels on o
rack above water. Bake at 3
about 18 minutes, or till gol
brown. Remove from oven. Br
again with egg white mixture; sp
kle lightly with coarse salt. M
3 dozen pretzels.

### CARAMEL CEREAL MIX

*The caramel hardens as it cools; stir quickly to coat all the cerea*

- ½ of 11-ounce package (3 cups) spoon sized shredded wheat biscuits
- ½ of 10½-ounce package (3 cups) puffed oat cereal
- 2 cups pretzel sticks, broken
- 1½ cups (8 ounces) salted peanuts

• • •

- 1⅓ cups sugar
- 1 cup butter or margarine
- ½ cup light corn syrup
- 1 teaspoon vanilla

In buttered roasting pan, comb
cereals, pretzels, and nuts. Bu
sides of 2-quart saucepan; in
combine sugar, butter or m
garine, and corn syrup. Cook, s
ring frequently, to soft-crack st
(280°). Stir in vanilla. Pour sy
evenly over cereal mixture.
quickly to coat evenly. As soon
mixture is cool enough to han
break up into small portions; pl
in shallow pan to cool. Store in c
ered containers. Makes 8 cups.

### CARPENTERS' PUNCH

- 2 46-ounce cans berry Hawaiian fruit punch, chilled
- 1 12-ounce can lemonade concentrate thawed
- 2 24-ounce bottles white grape juice, chilled

Combine all ingredients. Se
over ice. Makes about 20 cups.

### HICKORY-SMOKED TURKEY

*Soak hickory chips in water at le
an hour before adding to coals—*

- 14- to 16-pound turkey
- 1 tablespoon salt
- Butter or margarine, melted
- Hickory chips

continued on page

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Please include facts on: ☐ Solid vinyl siding
☐ Solid vinyl gutters ☐ Ornamental plastic shutters

Better Homes & Gardens
June 1976

Architect: Royal Barry Wills Assoc.



# Light Batter Fish Sticks from Mrs. Paul's. Fish Sticks with a difference.

NEW!

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FAMILY FOOD IDEAS


## Nobody's perfect!

If you've been wondering about the curry in our Curry Cheese Bread, April 1976 issue, page 44, you're right—we goofed. You should use 2 *teaspoons* curry powder—not 2 tablespoons—in the bread.

# How to order material from the magazine






**Make sense out of family finances with a Better Homes and Gard Money Management File.** One key to keeping on top of finances i have your papers in order so you can find important documents records right when you need them and keep your budget, insura taxes, and other fiscal matters up to date. The file includes step-by- instructions, plus a sensible tabulated system for organizing.

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**Quantity** **Pag**

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_____No. 13958 Canning funnel $1.29
_____No. 13960 Vertical canning tongs $2.79
_____No. 13959 Jar wrench set (2 wrenches) $2.29
_____No. 13972 Jelly strainer (includes one bag) $2.99
_____No. 13973 Additional jelly bags (2 per pkg.) $1.79
_____No. 16105 How-To Canning Book $1.75. Please include 90¢ postage and handling for each canning tool ordered.
_____No. 13961 All 5 tools, How-To Book, and package of extra jelly bags only $11.49 plus $1.35 postage and handling. 6
_____No. 04008 Household Warranties File $4.99 plus 90¢ postage and handling.
_____No. 01004 Farmwife In White Pattern FREE! Just send 50¢ to cover postage and handling. 9
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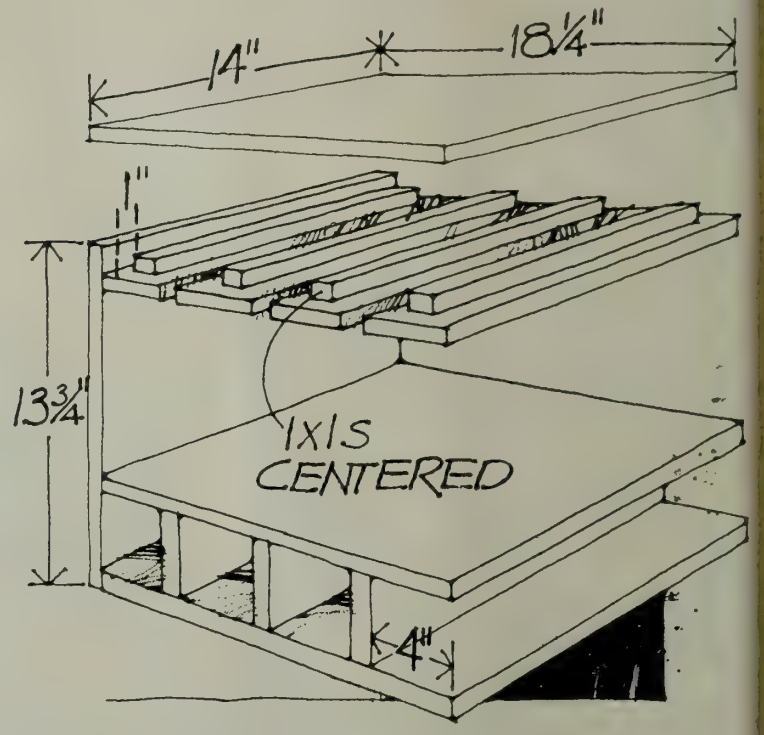

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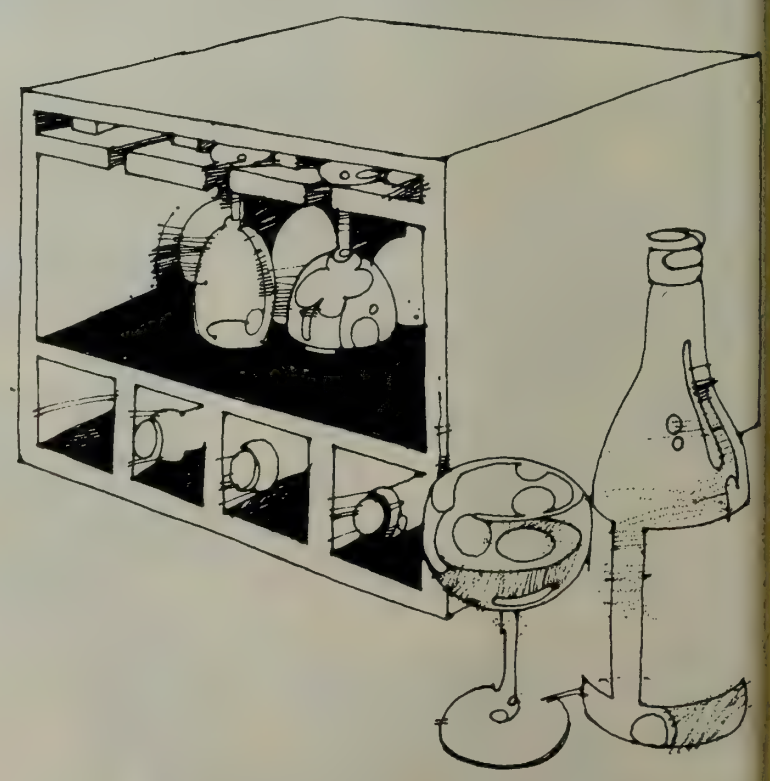

# Step-by-step project scrapbook

**Compact is the word for this simple project. It will accommodate a dozen stemmed glasses, with space to spare for fo bottles of your favorite vintage. Finish the project with paint stain to suit your setting.**

## WINE RACK & GLASS STORAG

MATERIALS: (¾" PLYWOOD)
2 PCS. 14" X 13¾"
3 PCS. 18¼" X 14"
7 PCS. 4" X 14"
4 PCS. 1X1S 12" LONG



Regular: 17 mg."tar," 1.3 mg. nicotine;
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# SUPER STORAGE



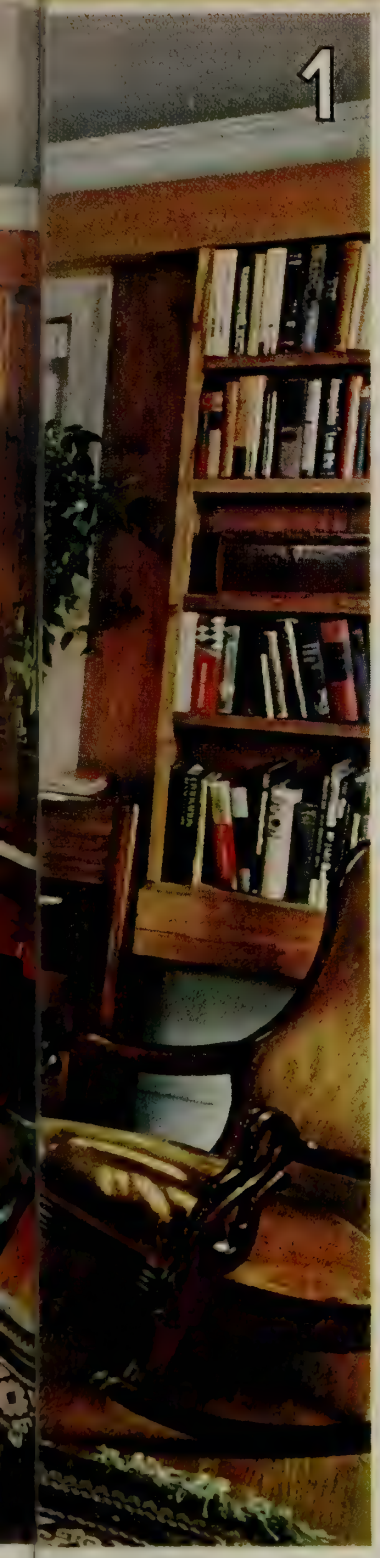
## SOLUTIONS FOR ALL AROUND THE HOUSE

If you're suffering from the where-to-put-it problem, here are six pages of buildable and buyable ideas to help you sort, show off, or stash away your things. You'll find that all of the ideas are decorative as well as problem-solving and functional, and most can be adapted to any room in your house. For starters, here are some super solutions you'll want to show off...

**1** Is there a room in your house that's n earning its keep? A dinin room, perhaps? Built-in storage can put it to work and here's the proof. Two walls in this 11x22-foot dining room were covered with raw barn siding, creati all kinds of attractive storag space and a warm rustic atmosphere. Now there's a place for books, pottery, accessories, and plants—there's even an alcove for a upright piano. The new window ledges are 14 inche deep—perfect for buffets and cocktail parties.

Photograph: Harry Hartman
Design: Howard Mont, A.I.A. Source: Bonnie Mahar

**By Pamela Wilson Cullison**











# SHOW-OFF STORAGE

**2** This corner cabinet saves space while viding plenty of storage. mirrored upper cabinet s glassware a glamorous kle, and the handy drop- ront is just right for ing drinks, desserts, or ee. Pierced tin panels he front of the cabinet rs are fashioned to look an old-time pie safe.
raph: Mike Dieter

**3** An antique can be appreciated all the more when it is put to practical use. This old-fashioned icebox was stripped and refinished by the owner, then converted to an eye-catching liquor cabinet by lining the porcelain interior with zingy fabric and installing glass shelves to hold glassware. With the doors closed, no one's wise to what's inside, and the icebox is admired for the antique that it is.
Photograph: John Katz. Design: Kathy Andrews
Source: Helen Greer

**4** You can store your silverware in a beautiful way by building this handsome chest. It is 24 inches long, 12 inches deep, about eight inches high, and is made of ¾-inch solid mahogany lumber. The chest is all butt-jointed, and all corners are rounded. The slide-out trays are mitered at the corners with a ¼-inch hardboard bottom rabbeted in place. Spray the interior of the case and the outside of the trays with silicone lubricant to ensure easy sliding. Use small chrome knobs on the pull-trays, and four chrome knobs for the feet.
Photograph: Mike Dieter. Project design: David Ashe

**5** Do you have to dig through your desk for writing paper and other stationery materials? If so, this good-looking unit will help you get organized. The tray is made of ½-inch pine and is 23 inches long, 9½ inches wide, and 3½ inches high. The smoke-colored plastic lid was bent with a strip heater, then attached to the tray with strap hinges that are screwed to the box and bolted to the top.
Photograph: Mike Dieter. Project design: David Ashe
**Buying information, page 74**

# SUPER STORAGE



## DIVIDE & HIDE STORAGE

**1** With freestanding bookcases you can divide one room into two without making structural changes, and gain plenty of organized space for books and other collectibles. This homeowner was blessed with a big bedroom that he divided to form a peaceful study on one side, and a sleeping area on the other. As you can see, this is the study side of the room—complete with a bentwood rocker and enough reading material to keep an avid bookworm happy.

Photograph: Harry Hartman. Design: Thomas Green
Source: Estelle Bond Guralnick

**2** Here's the back o the bookcase sho in photo 1. Since most bookcases are meant to b placed against a wall, the backs are usually unfinishe This bookcase was no exception. The owner solved the problem b covering the back with panels of colorful fabric, stapled top and bottom to strips of wood lathe. You don't need a big bedroom utilize this idea. A fabric-backed bookcase would b great next to a front door that opens directly into the living room.













**3** Not all closets come with doors, but that doesn't mean you can't conceal the contents of a closet, or seal off an unsightly storage area. This pull-up closet "door" was created with fabric. Orange seam-binding tape gives the ticking pattern fabric a custom look and picks up the color of the kitchen walls. If you don't want to go to the trouble of making a pull-up shade, you could hang fabric from a tension rod, and weight the bottom with a window shade stick.
Photograph: John Katz Design: Kathy Andrews
Source: Helen Greer

**4** A small, boxy room doesn't have to suffer from a storage shortage. With built-ins, you can open up cramped surroundings, gain needed storage space, and achieve an interesting architectural look. With the exception of the modular L-shaped sofa, everything in this 12x17-foot living room was designed to function in more ways than one. The sides of the oak coffee table drop down so things can be stored inside, and the corner sofa table lifts open for storage. The eight-foot-tall storage tower not only features seven drawers and pullout cabinets, but also serves to divide the front entrance from the living room. Although the modular sofa doesn't store anything, it's easily moved around for flexible, space-saving arrangements.
Photograph: Harry Hartman Design: Steven Cinco
Source: Bonnie Maharam
**Buying information, page 74**

**5** Is your bedroom bulging at the seams? Try stashing your stuff behind closed curtains. This way, you can hide suitcases and seasonal clothing, and at the same time create what looks like an unusual window treatment. These curtains are attached to a cornice that extends two feet from the wall. The vertical blinds behind the bed can be closed for a shimmery headboard effect, or opened as shown to allow access to books, reading lamp, and radio.
Photograph: Mike Dieter
Design: Richard W. Jones, FASID

# SUPER STORAGE




## OUT~IN~ THE~ OPEN STORAGE





**1** It didn't take a magician to turn this 9-foot space into a sewing om/ironing room/office, t it did take some careful anning and lots of agination. The office side the red and white room atures a desk constructed 2x4s and Mylar-covered rdboard. Magazines and pers are stored in ackable white plastic getable bins. A red plastic x storage system fits nder the desk, and clear astic boxes provide in-sight orage for stationery and fice supplies. There's another Mylar-covered work surface on the sewing side of the room, along with white plastic storage drawers for threads, patterns, and fabric. An ironing board and two sorting baskets are hung from hooks on the wall. Not an inch is wasted in this wonderfully organized room. Two Mylar-covered cardboard cylinders above each work surface provide a place to hang sewing projects and finished laundry.

Photographs: Ross Chapple
Design: Anthony Moses, the H. Chambers Co.
Source: Eileen D. Leubecker
**Buying Information, page 74**

**2** Tired of getting down on all fours to search through a cupboard for pots and pans? Here's a tip-top solution. Two sections of cardboard tubing were covered with Mylar, then wedged between ceiling and refrigerator. The white center section, from which cooking utensils hang on S hooks, holds the tubing in place. The center section is a divider from an old freezer, but you could also use a bicycle wheel, a plastic dish drainer, or a disk of plywood.

Photographs: Ross Chapple
Design: Anthony Moses, the H. Chambers Co.
Source: Eileen D. Leubecker

**3** Much of today's cookware is so good-looking that it deserves showing off, not stashing away. These homeowners found a way to store and display their colorful collection of bowls, dishes, glassware, pottery, and accessories by converting two closets in their family room into shelf-laden cupboards. To draw attention to the cookware, the pine shelves were painted a bright orangey red, and the pull-cord closet lights were left intact.

Photograph: Harry Hartman
Design: Leila Cohen. Source: Bonnie Maharam

**There's something special—even magical—about the great outdoors with its infinite variety of sights and sounds. Yet many remodelers just plain forget to tap nature's treasury for indoor/outdoor living enjoyment. Instead, they redo existing space or tack on an introverted room that thumbs its nose at life beyond its walls.**

**Not so with the remodelings we're spotlighting this month. All four examples link indoors and outdoors so intimately that each seems part of the other. Take a look and see if one of these projects has some ideas you can use to advantage at your house.**

# INDOOR OUTDOOR REMODELINGS

## THE BEST OF TWO WORLDS

**By David Haupert**

A small, nondescript patio and a back door leading to it were the token outdoor amenities that came with this house. And the rest of the yard was standard fare, too—grass and trees, but no comfortable facilities to lure family and friends outside. The homeowners resolved to change all that. When they bumped out their kitchen for an eating area, they asked a landscaper to come up with an overall plan that would make outdoor living an integral part of their lives. The result: an inviting new deck/patio system that ties house and grounds into one living area.

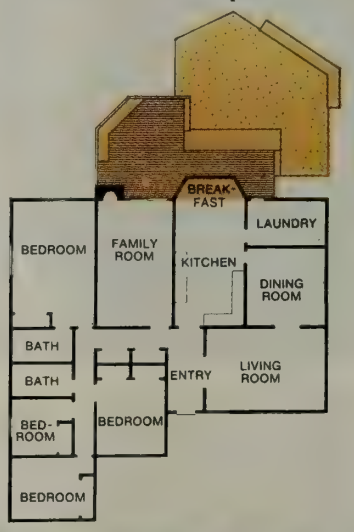
Wrapped around the addition, the new redwood deck *(bottom left)* opens off the house at two ends—through sliding glass doors to the right of the bump-out and through the original back door at left. Two steps below the deck is a sizable brick patio, outfitted with redwood benches and a recessed fire pit. Almost all summertime parties now take place here and on the deck.

Probably the strongest liberating influence on the family's life-style is the deck itself. The main part of it

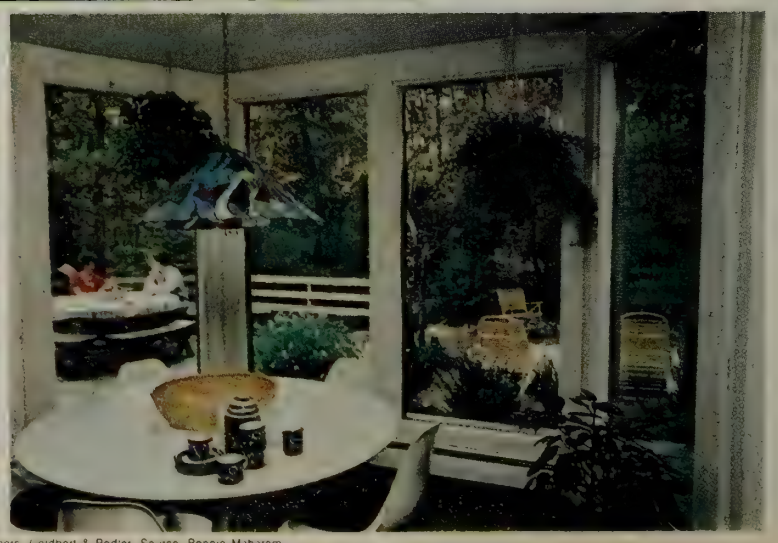


*(center photo)* is only 14x16, but a lot of living takes place there. Equipped more completely than the standard deck, this one has a safety railing, seating units, and a built-in worktable and gas barbecue unit—all coordinated into a self-contained food corner.

Measuring only 5x11, the kitchen bump-out *(bottom right)* not only adds eating space but also opens up the back of the house to the deck and grounds. Ironically, the bump-out was designed to handle informal meals, but you can see where most of them take place now—on the deck, whenever weather permits.





Photographs: Bradley Olman. Landscape designers: Goldbert & Rodier. Source: Bonnie Maharam



A narrow dining area that could barely handle a table and four chairs was what prodded these homeowners into adding on. But instead of settling for just another room, they decided to make the addition function outdoors as well as indoors. As you can see from the photos, the family got what they wanted: a glass-walled dining room, a party-size screened porch, and an all-encompassing patio.

Extending straight off the back corner of the house *(see plan and top photo)*, the addition looks as if it had always been there; redwood posts and siding exactly match the materials of the house proper. At this time of year, parents and kids alike virtually live in the porch section day and night, using the space for everything from early breakfasts to late parties. The graceful wraparound patio is the product of hundreds of hours of family labor—spacing, cutting, and setting each of nearly 4,000 old paving bricks.

French doors connect the new 10½x16 dining room *(center photo)* with the kitchen via a direct path through the former dining area. (As the plan shows, this space was little more than a hall anyway.) Fixed glass in the end wall and sliding doors at right (to patio) and left (to porch) give the new room panoramic views in three directions. Interconnecting shutters mounted on sliding-door hardware can be used to close off all three walls if and when the family wants privacy.








This view *(bottom photo)* from the dining room shows off the new 14½x16 porch—a perfect buffer between inside and out. The cathedral ceiling, central skylights, and fully screened walls give the space a real indoor/outdoor personality. The same paving bricks used for the patio help the porch floor stand up to the hazards of bad weather and hard use.

Photographs William N. Hopkins

This entire project started when the homeowners decided to add a simple eating area. But as they thought more about the attractions of outdoor living, their plans mushroomed. An angular deck now sits opposite the new room, tied to it by a walkway. And a two-foot extension of the living room connects the indoor/outdoor worlds with a massive glass wall topped off with skylights.




At the back of the house *(top photo)*, the breakfast room darts off at a jaunty angle to the right, setting the style for the trellis-capped deck to the left. Two sets of stairs lead to the ground level—one at the right end near the new room, the other leading from the deck to a small landing and then down to an existing terrace. Narrow horizontal siding on the addition and deck/stair walls blends with the traditional lines of the house.

Located where a small porch used to stand, the new eating space *(center photo)* takes pressure off the crowded kitchen. (A back wall was removed to join the two areas.)

The ceiling line at left *(bottom photo)* marks the spot where the small dramatic living-room extension starts. Floor-to-ceiling glass and a vaulted skylight give the formerly dark room a window-on-the-world view.







Photographs: Ross Chapple. Architects: Wilkes and Faulkner. Source: Eileen Leubecker

## ENERGY THOUGHT

Just how much glass area should an energy-efficient house have? As little as possible, some say—no more than eight percent of total floor area. Others feel you can get by with more glass if you pay attention to such things as window placement, sun radiation, and shading/insulating techniques. Of course, if you're building a new house, placement isn't usually a problem—you can concentrate the windows and sliding glass doors to maximize enjoyment and minimize energy loss. But if you're remodeling, you may not be able to orient the new glass areas in the direction you prefer. So when remodeling you'll want to consider several steps that can substantially reduce energy loss through large expanses of glass.

Start with the window/door units themselves. Make sure they're double (or triple) glazed, and carefully caulk along all stationary joints. If direct sunlight gives you heat problems in the summer, install slatted or ventilated awnings that can be closed or easily removed in the winter when the sun's rays are a welcome—and free—supplement to your heating system.

Probably the most important energy saver, however, is a good set of floor-length draperies, interior shutters, or insulating doors/panels. In the winter, you can close them at night and on sunless days to cut heat loss; in the summer, use them to block heat gain. But standard installation techniques won't help much. Most draperies, for example, allow room air to move freely between them and the glass,

# INDOOR OUTDOOR REMODELINGS

## THE BEST OF TWO WORLDS



Though blessed with an enclosed porch, this two-story house still lacked anything resembling camaraderie with nature. The back wall of the dreary old porch had a small door in the middle, flanked by two small windows; the end wall was filled with a section of screening. Outdoor activities always entailed a trip down a narrow stairway to a flagstone terrace beyond.




To give the room a new outdoor identity, three floor-to-ceiling sections of fixed glass now fill the back wall and join forces with sliding glass doors in the end *(top photo)*. The deck addition picks up where the windows leave off, nearly doubling the indoor/outdoor living area. Steps at the far rear connect with the existing terrace; the ones in the foreground lead past the garage to the driveway *(see plan)*.

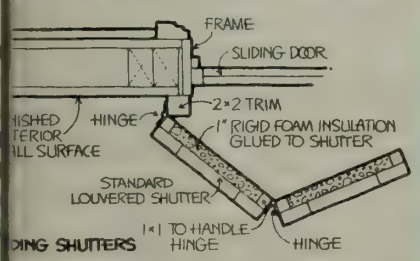


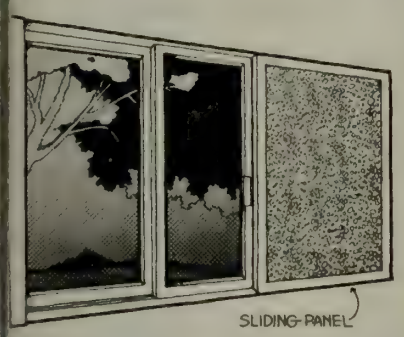
The gloomy, shut-in porch has been transformed into a bright, cheerful breakfast room *(bottom photo)*. Wrapped in wall-to-wall glass, the new room seems to be completely open to the outdoors. The plan shows how the remodeled space ties into other interior areas; a central hallway opens off the rear, the kitchen is only a few steps away, and the living room is just on the other side of a set of bifold doors.

Photographs: Ross Chapple. Architect: Charles Egbert. Source: Eileen Leubecker

osing or gaining heat in the rocess. To avoid this, add a mple valance system to ontrol airflow above the indow; at the sides, fasten rips of Velcro tape to the raperies and window trim so ou can press the draperies ght against the wall when ecessary. It helps, too, to hoose draperies with insulating oam backs.

Interior shutters and sliding/olding panels can be even nore effective than draperies, specially if you glue rigid oam insulation to the backs of he shutters or make your own anels by mounting rigid nsulation inside wooden frames *see sketches below)*. Spruce




up the insulation, if you wish, by adding paint, a vinyl covering, cork, burlap, mirrors, or fabric. And remember to prevent air movement across the face of the glass by replacing the existing trim pieces with 2x2s and mounting the folding shutters/panels as shown above, so they'll close tightly against the trim at the top and sides. For sliding units, consider adding a valance.

# NATURALS FOR CRAFTS

BY NANCY LINDEMEYER AND CIBA VAUGHAN



Rug and baskets: Christine Kaczmarczyk. Pillows: Connie L

ow exciting when ordinary things
—like the down-to-earth materials
d to create these smashing projects
ır home—find their place in the sun!
discovered sleeping giants in such
ɔnplace items as hardware store twine,
sal, parcel post cord, household string,
rns with the texture of natural fibers.
d up in even the most traditional
t or knitting patterns, for example,
talwart materials produce spectacular
and the most fascinating array of
:s we've seen in many a day. Whether
iit, crochet, needlepoint, or macrame,
want to take a new look at these
ls for crafts. They're inexpensive, easy
ıe by, and work up amazingly fast.

**or complete how-to instructions for projects pictured here and on the next two pages, see page 134. Buying information, page 74.**

Pillows and cover: Susan Toplitz. Wall hanging: Joan Cravens



Using unbleached raw jute, you can crochet our richly textured rug a square at a time. For another effect with naturals, quick-point floor pillows like ours from various shades of jute. Crocheted baskets are of cotton cord.

Remember when hankies with delicately crocheted edges were in vogue? If so, you'll be amazed to learn that our jute bed canopy (which you may also use as a window valance) was made from an old-fashioned edging pattern.

String-like yarn was the natural we used to knit this bedcover. Knitted pillows are made of jute and parcel post cord. Our wall hanging is a study in machine appliqué. **To order these free patterns, see page 82**



Photographs: William Hopkins. Interior design: Suzy Taylor A.S.I.D.



Macrame pros love a natural like four-ply jute because it has such fantastic potential. Say you want to create a unique headboard for your bed. Forget about hammer and nails, and macrame a headboard like ours.

You'll need a material with the sturdy characteristics of four-ply jute to pull off a project like this hanging table. And its rugged handsomeness is also a plus that comes naturally. You may use glass or plywood for your tabletop.

Your shelves don't have to be "heavies" if you select an open-air arrangement like our macramed jute tower. Note the shell wall hanging to the right of the shelves—an elegantly stitched and beaded collage.



Macrame designs Mary Reading Shell collage Margot Blair

# NATURALS FOR CRAFTS




UILTING
THE BUTTERFLIES
OF NORTH AMERICA

# America: the melting pot of good cooking

By Doris Eby
and Nancy Byal

When it comes to the American way of cooking, variety has become the spice of life. Many different foods and recipes—spaghetti and meatballs, tacos, and chow mein, to name only a few—that were originally associated with specific ethnic cultures are now everyday fare to millions of Americans. Since December, we've featured eight of these cooking cultures that have been blended into what's been called "the American melting pot." This month, we add five more to the mix—Lebanese, French, Hungarian, English, and Japanese—and introduce you to some families who cherish their culinary heritage. Perhaps their stories will stir up some warm memories of your own family history and inspire you to try foods from our country's ethnic past.



Shish kabobs feature fresh vegetables interspersed with lamb cubes.

## Treasured family recipes from Lebanon



*Recipes begin on page 111*



Ramona and her mother recycle pineapple peelings into **Tezween,** a spicy fermented pineapple drink.







Top: **Baked Kibbee** diamonds, **Escaveche, Unbaked Kibbee,** and **Laban Cheese.** Above: Lorraine and Gerard mold **Unbaked Kibbee.**

A few years ago, Lorraine Cappello gathered together her mother's Lebanese recipes, titled them "Mama's Garden of Recipes with Comments from Daddy," then gave them to the family as Christmas gifts. The gesture is a perfect example of how much Lorraine values her cooking heritage and how determined she is to preserve the family's food customs.

Her husband Jerry is of Italian descent, but he and the children all love Lebanese food. It's a family ritual for Jerry and sons George, Alex, and Gerard to take charge of barbecuing—and they often choose to do lamb kabobs. (To Jerry, food is a vocation as well as an avocation. He has carried on the family farm and raises a variety of fruits and vegetables.) Although George and Alex are away at college much of the year, Lorraine still gets kitchen assistance from Gerard and daughter Ramona. Gerard helps with Kibbee, a Lebanese ground lamb and bulgur wheat specialty. But according to the family, Gerard's real claim to fame is his all-American recipe, pumpkin pie, which he prepares for Thanksgiving.

Lorraine has a crafts room where she paints, sculpts, weaves, and throws pottery, and she's equally crafty in the kitchen. Using typical Middle Eastern ingredients such as lemon, tomato, green pepper, olives, and bulgur, she likes to assemble the ingredients in a "some of this and a lot of that" fashion. Laban (yogurt) is always homemade, and her recipe includes a cheese adaptation she serves as an appetizer spread. A keen sense of thriftiness is part of her Lebanese heritage; she believes in using every edible portion of food. A pineapple drink and a bread dessert are two tasty examples.



Top right: Triangular **Ftyre, Tabouleh, Laban Cucumber Salad,** and kabobs. Bottom: Sugar-coated **Mamool, Raisin-Nut Tarts,** and **Kapridutara.**

# A French dinner for company

Annette Smith, a native of France, describes herself as a "slap-dash cook," but don't you believe it. A lot of creativity and efficiency goes into her cooking, even though it comes off looking effortless.

This know-how evolved from necessity. Although Annette grew up on French foods, she'd never learned how to cook them. When she came to the United States as a bride, the only recipe she knew was a lentil dish that the family cook had taught her in order to meet a Girl Guide badge requirement. Marrying David, then a "penniless" American student, and receiving a French cook book as a wedding present changed all that. The book featured classic French cooking, and from it Annette learned the basics of sauces and seasonings, and how to handle foods with confidence.



Above: Annette prepares **Baby Carrots with Ripe Olives.** Below: For the entrée, **Boeuf a la Mode en Gelée.**

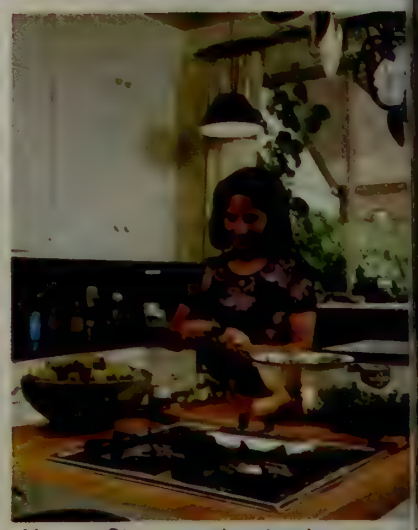


Today Annette assembles ingredients by intuition rather than from a recipe formula. Most of her cooking centers around main dishes and vegetables. Like many well-known French chefs, she starts from scratch and shuns convenience foods. She uses fresh herbs in preference to dry ones and even grows some of her own to ensure a constant supply.

Annette has developed a cool, collected style of entertaining, again from necessity. As wife of Master of the California Institute of Technology, and a professor herself, she hostessed many student and faculty functions. She's probably cooked for more dinner guests than many people do in a lifetime. Just in the first year that David was Master, Annette entertained over 2,000 people with private, personally prepared dinners. Usually wine, along with an assortment of dips and cheeses, is featured at the cocktail hour since David keeps a comprehensive selection of fine French and California wines. Many of the dishes chosen for the meal can be made ahead so Annette can enjoy the evening with her guests. Vegetable side dishes, however, are usually prepared at the last minute to capture that fresh-from-the-garden flavor.

*Recipes begin on page 112*





Above: Stems and outer leaves ar removed for **Baby Artichokes a l Annette.** Left: The baby artichoke make a great "icebreaker" becaus they're eaten with the fingers.

oeuf a la Mode en Gelée (pictured) or **Veal a la Royal** is usually served with **Baby Carrots with Ripe Olives** and **Baby Artichokes a la Annette.**



hocolate Mousse Mandarine and **Chestnut-Raspberry Refrigerator Cake.**



Guests relax over a selection of wines and appetizers.

**Paprikas Chicken** is served with homemade **Galuska** (egg dumplings), cucumber salad, and sourdough bread.

# Hungarian cooking, indoors and out

When talking to Paulette and Laszlo Fono, you instantly sense how much their Hungarian background influences the way they live now. They came from Hungary in the '50s, and their home is enriched with Hungarian antiques and family heirlooms. But more pertinent from a culinary standpoint, the Fonos eat Hungarian foods every day, and own and operate a Hungarian restaurant.

Not surprisingly, Paulette is very knowledgeable about her cooking heritage. She divides Hungarian cooking into two distinct styles —the country foods that have evolved from early nomadic tribes, and the formal foods handed down by the nobility. Paulette can prepare either type, to suit the occasion. And when it's a festive family gathering, like the one assembled for our visit, the whole family pitches in, including Laszlo, daughter Andrea, Paulette's sister Maria, and nieces.

Paulette let us sample three representative examples of her country cooking—two versions of gulyas and a paprikas. As you'd expect of country food, the dishes were hearty and substantial. All were liberally seasoned and vividly colored with paprika. In fact, Paulette told us that paprika is so often used that it could probably be called the national spice of Hungary.

Of the two types of paprika, Hungarian and Spanish, Paulette opts for her native variety. Hungarian paprika is made from paprika peppers first brought from India by the Turks. It may be labeled "sweet" or "rosé," but either way will have a mildly piquant and slightly sweet taste. Spanish paprika, on the other hand, comes from paprika peppers native to North and South America, and it has a more pungent flavor.

That evening, the Fonos displayed a tableful of Hungarian foods used for more formal dining. In marked contrast to the bolder country dishes, these festive foods were delicately seasoned and decidedly elegant. A buffet of rich Hungarian desserts capped the meal.

*Recipes begin on page 124*





Left: Andrea anxiously watches Paulette ladle up bowls of **Beef Gulyas Soup** while Laszlo grills **Gypsy Pork Steaks.** Right: **Fish Gulyas** is suspended in a bogracs, a portable kettle similar to those used by Hungarian herdsmen.















**Top left:** (from front) **Dobos Torta, Paulette's Torta, Ordog Pirula** (Little Devils), and **Hungarian Vanilla Soufflé Palacsintas.**
Top right: (clockwise) Fish in aspic, sauced cauliflower salad, **Ham-filled Roulade,** tenderloin with vegetables, red cabbage, and duck.
Above: The formal buffet dinner is typical of ones that Paulette's family has traditionally served for holidays and special occasions.
Left: Maria spreads filling between layers of **Dobos Torta.** The caramelized topping goes on hot, and the cake top is cut while still slightly warm.

# An English picnic on the patio

London-born Irena Chalmers attributes a good share of her interest in cooking to her father. Although her mother was a "routine cook," Irena's father loved cooking and got a kick out of experimenting on his own. When Irena was growing up, her father would take her to the outstanding restaurants in London. This early exposure to new and different foods made Irena yearn to know how to make all the exciting dishes she'd tasted. And learn she did—at the famous Cordon Bleu School of Cookery in London.

When Irena first came to the United States, she sought new outlets for her interest in cooking. She started out by entertaining friends and sharing her favorite recipes, then opened a cooking school and began writing cook books. Irena's forte is, quite naturally, English cooking, and she describes her version as a clean-cut cuisine. There's a minimum of saucing and seasoning so that the natural flavors of the food predominate.

One of the traditions that Irena most enjoys preserving is the English picnic. Unlike most American picnics, the English outing is traditionally conducted in grand style, with elegant foods, choice wines, and fine china and tableware. Irena's Americanized version was prepared ahead of time and served on the patio of her hilltop home.

*Recipes begin on page 128*



Above: Who could resist dessert when it's strawberry-topped **Fruit Trifle** or **Richmond Maids of Honour?** Below right: (from front) **Marinated Salmon, Potted Shrimp, Scotch Eggs, Cheese Straws, Summer Tart, Barley Te**



Irena prepares **Scotch Eggs.**





Main dish **Summer Tart** is flanked by cups of **Potted Shrimp.**



(From front) Cups of **Chawan Mushi, Chicken Teriyaki, Osunomono, Yosenabe,** raw fish, and green bean **Goma-ai.**

# In the Japanese tradition

In comparison with its Chinese counterpart, Japanese cooking is little known in this country, and the loss is ours. If you've ever tasted teriyaki, sukiyaki, or tempura, you know that the artful and tasteful simplicity of the Japanese cuisine is well worth exploring.

Our two very knowledgeable guides to traditional Japanese cooking were Sako and George Asawa. Sako acquired her culinary experience early because she grew up around her father's restaurant in Tokyo. Although she's no longer involved in the commercial side of cooking, she enjoys keeping her culinary hand in by preparing the family's favorite Japanese foods.

As we watched Sako work in her kitchen, it was soon evident that she follows the traditional precept of Japanese cooks: to make food look just as delectable as it tastes. Each ingredient is meticulously cut or carved to the desired shape. And often Sako cooks the major ingredients separately, then combines them with the same care she'd devote to a flower arrangement.

Like most families of Japanese origin, the Asawas make fish and seafood, either raw, steamed, broiled, or dried, a major part of their diet. Some of the Asawas' favorites are rock cod, tuna, oysters, shrimp, and octopus.

*Recipes begin on page 132*



**Yosenabe** includes seafood, spinach, fish cake, shiratake noodles, and tofu.



Sako prepares **Yosenabe.**



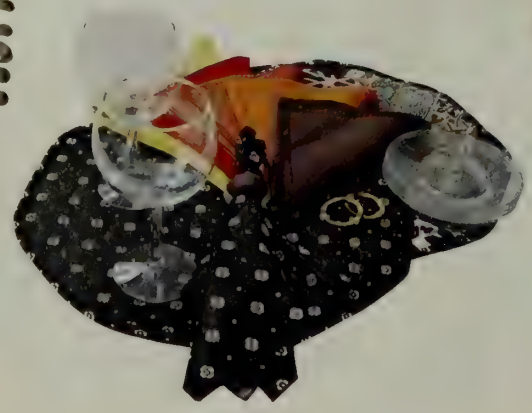
Grandma Asawa, George, Sako, and son Brian enjoy the dinner's variety.

# PLAY THE MIX AND MATCH GAME

"Mix and Match" may not show up in Hoyle's official game book, but it's the best tabletop game in town. Here's your chance to toss out the old, formal table-setting rules and shuffle your dinnerware any way you like. To demonstrate, we juggled the playing pieces shown here into three different table settings—all winners. Follow along as we make the moves.







Buying Information, page 7



### Object of the game

To arrive at as many different table com binations as possible, using playing piece from each of the four tabletop categories: fab ric, dinnerware (china, pottery, or plastic) metal, and clear glass or crystal.

*Playing tip:* A variety of textures and pat terns within each category makes the mi and match game easier.

### Fabric

Here our reversible place mats are use with the larger print faceup.

Napkins show the smaller print.

### Dinnerware

In each case, our simple brown-bande dinnerware is used as a pivot for a play o accessory pieces around it.

The brown and white speckled bowl i used as a generous salad bowl.

The red bowls become candle holders.

### Metal

The pewter porringers are handled soup bowls resting on dinnerware service plates.

The pewter covered dish is used, without its lid, to hold the floral centerpiece.

### Clear glass

The decanter and stemmed bubble glasses are used as wine service.

The glass plates are perfect for bread and butter. And how delightful to be able to see through to the attractive patterned place mat.



### Fabric

Place mats at this breakfast table have established the small print as trump.

Napkins are of different solid colors contrasting with the place mat design.

### Dinnerware

The brown ceramic casserole serves two functions. The base holds warm rolls, while the top is inverted and used for butter.

The terra-cotta platter is used here as a tray for juice glasses.

The red bowls are plate partners for dips, sauces, or condiments.

### Metal

The pewter porringers do a turn as individual fruit dishes.

The pewter covered dish is used again without its lid, this time as a fruit bowl.

### Clear glass

Filled with flowers, the decanter becomes a centerpiece.

The stemmed bubbles are used to serve strawberries for breakfast, fruit or seafood cocktail for dinner.

The clear dessert plate goes to work here as a very attractive spoon rest.

*Playing tip:* Although our tables feature brown as the focal color, the same mixing and matching rules apply to any color family. Substitute shades and patterns of your key color, then complement it with some metal and clear glass.



### Fabric

To keep this buffet setting simple and straightforward, we left the wood of the table mostly exposed, accented only by the bright napkins, each in a different color. One napkin is spread completely open and serves well as a center table mat.

### Dinnerware

The brown speckled bowl becomes a casual container for a bunch of daisies.

To give the char-brown casserole a lift, we rested the base on the inverted lid. Bingo! A fruit compote.

The terra-cotta platter is back to its original job, that of a serving piece.

The red bowls are available for individual servings from the pewter covered dish.

### Metal

The pewter porringers are attractive (and safe) candle holders.

*Playing tip:* Don't feel you must stick to only one metal. We've used both pewter and silver in accessories, pewter and stainless in flatware. A difference in color and patina only adds interest to your table.

### Clear glass

The plates make perfect individual fruit plates or dessert plates.

The stemmed bubbles again hold wine, this time a robust Burgundy. You can use bubble-shaped glassware for any beverage —from the finest wine to chocolate milk.

# Give me the Campbel



Life.

t's like going out
o dinner without
eaving home.

More and more families
re finding out how much
n dining at home can
e. Just bring out the
ompany dishes and silver,
our prettiest glasses and
our nicest tablecloth.

Now read on to find out
ow you can turn some of
he simplest foods fancy.
can of Campbell's Split
ea with Ham, for
xample. Make it gourmet
with garnish! Shown
ere, with grated hard-
oiled egg on top. You
ould also use minced
arsley or a combination
f both.

A simple chef's salad
urns into "Salade du
hef" when you toss it
ith a tangy cheese
ressing.

TANGY SALAD DRESSING
can of Campbell's Cream of
Celery Soup
cup sour cream
cup crumbled blue cheese
tablespoons milk
tablespoon lemon juice
ombine ingredients; chill. Thin to de-
red consistency with additional milk.
akes about 2 cups.

Another dressing that
s perfect with any salad.

TOMATO FRENCH (not illus.)
can (10¾ ounces) Campbell's
Tomato Soup
cup salad oil
cup vinegar
teaspoon dry mustard
ombine ingredients in a jar. Shake well
efore using. (Or mix in an electric
ender.) Makes about 1½ cups. Varia-
ons: Add 4 slices of bacon, cooked and
umbled, or ¼ cup sweet pickle relish.

Serve your soup and
alad with crusty French
read or rolls, add fresh
ruit in season for dessert
nd there you are.

Elegance without
ffort. Dining out—
vithout going out. That's
he Campbell Life.




begins on page 100

# America: the melting pot of good cooking

**TEZWEEN**
(Fermented Pineapple Drink)
*A refreshing, lightly alcoholic summer cooler—*
**2 cups packed brown sugar**
**6 cups water**
**Meaty peelings of 1 fresh pineapple (12 to 14 ounces peel)**
**1½ teaspoons whole aniseed**
**1 teaspoon whole cloves**
**3 inches stick cinnamon**

In large glass or crockery container, combine sugar and water; stir to dissolve sugar. Add remaining ingredients. Cover loosely and let ferment at room temperature at least 3 days, stirring once a day. When it's fermented, strain and chill. Makes about 7 cups.

**BAKED KIBBEE**
**1 cup bulgur wheat**
**2 cups boiling water**
**½ cup finely chopped onion**
**1½ teaspoons salt**
**¼ teaspoon pepper**
**1½ teaspoons dried basil, crushed**
**1 pound ground beef**
**1 pound lean ground lamb**
**½ cup pine nuts**
**½ teaspoon salt**
**Fresh mint**
**Cherry tomatoes**

Place bulgur in large bowl; add boiling water and let stand 25 to 30 minutes or till absorbed. Stir in half the onion, the 1½ teaspoons salt, the pepper, and basil. Add ground beef and half of the lamb; mix well. Divide mixture in half. Pat one half into bottom of 12x7x2-inch baking dish. On waxed paper, pat other half of meat mixture to a 12x7-inch rectangle; set aside. In skillet, cook remaining lamb and onion till meat is browned. Drain off excess fat. Stir in pine nuts and the remaining salt. Spoon atop meat mixture in dish. Using waxed paper to lift meat, invert meat rectangle onto beef and lamb layers in dish. Peel off paper. Cut meat into diamond shapes about 3 inches long. Bake, uncovered, in 350° oven for 40 minutes. Garnish with fresh mint and cherry tomatoes. Makes 8 servings.

**ESCAVECHE**
(Marinated Vegetables and Oysters)
**1 cup sliced carrots**
**1 cup fresh or frozen cut green beans**
**1 cup fresh or frozen peas**
**½ teaspoon salt**
**½ cup boiling water**
**1 cup cauliflowerets**
**1 pint fresh oysters, drained**
**2 tablespoons salad oil**
**½ cup pimiento-stuffed green olives**
**¼ cup chopped onion**
**¼ cup lemon juice**
**½ to 1 medium fresh green chili pepper, finely chopped (1 to 2 tablespoons)**
**2 bay leaves, crushed**
**¼ teaspoon whole cloves**

In saucepan, cook carrots, fresh beans, fresh peas, and salt together in boiling water for 10 minutes; add cauliflowerets and cook 5 minutes more or till crisp-tender. (If using frozen beans and peas, cook carrots in the salted water 10 minutes; add frozen beans and peas, and the cauliflower; return to boil and cook 5 minutes more.) Do not drain. Meanwhile, cook oysters in hot oil till edges curl, 3 to 4 minutes. In large bowl, combine oysters and any remaining oil, the cooked vegetables with liquid, olives, onion, lemon juice, and chili pepper, stirring gently. Tie bay leaves and cloves in cheesecloth bag. Add to vegetable mixture. Cover and refrigerate several hours or overnight, stirring occasionally. Drain; remove cheesecloth bag. Garnish with onion rings and whole green olives, if desired. Makes 8 servings.

**UNBAKED KIBBEE**
*Serve tartar fashion with crackers or bread and green onions—*
**½ cup bulgur wheat**
**1 cup boiling water**
**¼ cup ground onion**
**¾ teaspoon salt**
**¾ teaspoon dried basil, crushed**
**⅛ teaspoon pepper**
**8 ounces lean finely ground beef**
**8 ounces lean finely ground lamb**
**Olive oil**
**2 tablespoons pine nuts**

Place bulgur in bowl; add boiling water and let stand 25 to 30 minutes or till water is absorbed. Stir in onion, salt, basil, and pepper. Add beef and lamb; mix well. Pat mixture into a large patty about 1 inch thick. Cover and chill. To serve, make an indentation in center; pour in a little olive oil. Garnish with pine nuts and green onions, if desired. Serve with crackers or bread. Makes 3 cups.

**LABAN** (Homemade Yogurt)
*Milder in flavor than commercial yogurt—*
**2 cups skim milk**
**2 tablespoons plain yogurt**

In saucepan, heat milk to just below boiling point (200°). Cool to 115°. Place plain yogurt in mixing bowl; blend in warm milk. Cover bowl with clear plastic wrap. Place in larger bowl of warm water (115°). Let stand 4 to 8 hours, or till mixture is firm when shaken gently, changing water in bowl as often as necessary to keep the temperature about 115°. Chill yogurt. Before serving, remove 2 tablespoons of the mixture and keep chilled in a custard cup to use as starter next time. Makes 2 cups.

**LABAN CHEESE**
(Homemade Yogurt Cheese)
*Lorraine uses her homemade yogurt, but commercial yogurt works equally well—*
**2 cups Laban or plain yogurt**

Place yogurt in a bag made of several layers of cheesecloth. Hang bag over a bowl; let stand at room temperature several hours or overnight. When yogurt is a cream cheese consistency, roll in 1-inch balls with butter paddles or by hand. If desired, place in jar and add olive oil to cover; cover and store in refrigerator. Serve on crackers. Makes 12 balls.

**FTYRE**
(Meat- and Spinach-filled Rolls)
*Vary the center by putting a tablespoon of each filling in each roll—*
**2 loaves frozen bread dough**
• • •
**½ pound ground beef or ground lamb**
**2 tablespoons chopped onion**
**1 tablespoon snipped parsley**
**½ teaspoon salt**
**Dash pepper**
**1 tablespoon lemon juice**
• • •
**1 10-ounce package frozen chopped spinach**
**2 tablespoons chopped onion**
**½ teaspoon salt**
**Dash pepper**
**1 tablespoon lemon juice**
**1 tablespoon butter or margarine**

Thaw frozen bread dough in refrigerator overnight. In skillet, cook the ground meat, the first 2 tablespoons onion, the parsley, the first ½ teaspoon salt, and the first dash pepper till meat is browned; drain off excess fat. Stir in the first 1 tablespoon lemon juice; cool. Cook spinach, the remaining onion, salt, and pepper in boiling water according to package directions; drain well, pressing out excess water. Stir remaining lemon juice and the butter or margarine into spinach; cool. Cut each loaf of bread dough in 8 pieces. Pat out each piece to form a triangle with 4-inch sides. Place 2 tablespoons meat or spinach filling in center of each triangle. Fold in corners, not quite to middle. Pinch corners. Cover; let rise in warm place till nearly double, about 45 minutes. Brush tops with a little melted butter. Bake triangles in 350° oven for 25 minutes. Makes 16 sandwiches.

**TABOULEH**
(Bulgur Wheat-Vegetable Salad)
**1 cup bulgur wheat**
**2 cups hot water**
**3 tablespoons lemon juice**
**2 tablespoons olive or cooking oil**
**2 tablespoons sliced green onion tops**
**1 tablespoon snipped parsley**
**1 teaspoon salt**
**1 teaspoon crushed fresh mint**
**1 tomato, cubed and seeded**
**Romaine leaves**

Soak bulgur in hot water for 2 hours; drain. Stir in lemon juice, oil, onion, parsley, salt, and mint. Cover and chill. Just before serving, stir in tomatoes. To serve, spoon Tabouleh onto a romaine leaf and fold or roll. Makes 4 cups.

**LABAN CUCUMBER SALAD**
**½ cup plain yogurt**
**1 tablespoon olive or salad oil**
**2 tablespoons snipped fresh mint**
**2 teaspoons lemon juice**
**1 cup thinly sliced cucumber**
**Lettuce leaves**

Stir together yogurt, oil, mint, and lemon juice. Add to cucumber; toss to combine. Cover and chill. Serve in lettuce-lined bowl. Makes about 1 cup.

**MAMOOL** (Lebanese Cookies)
*This is a pastry-like cookie, with no sugar in the dough. Coat baked cookies in powdered sugar carefully as they are fragile when hot—*
**1 cup butter or margarine, softened**
**2 cups all-purpose flour**
**½ cup quick-cooking farina**
**¼ teaspoon ground nutmeg**
**Dash ground cloves**
**2 tablespoons water**
**¼ teaspoon orange blossom water or orange extract**
**¼ cup chopped walnuts**
**1 tablespoon granulated sugar**
**Sifted powdered sugar**

In large mixer bowl, cream butter or margarine till smooth. Stir

**continued**

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continued

# America: the melting pot of good cooking

together flour, farina, and spices. Add *half* the flour mixture to butter. Mix on low speed of electric mixer till blended. Add remaining flour mixture, water, and orange blossom water. Mix well. Divide dough in 12 pieces. On lightly floured surface, pat each piece to a circle 2½ inches in diameter and ¼ inch thick. Combine walnuts and granulated sugar. Place about 1 teaspoon nut mixture on each circle. Fold over and press edges together to seal. Place on ungreased cookie sheet. Bake in 350° oven for 30 to 35 minutes. Remove to wire rack; cool 10 minutes. Roll in powdered sugar. Makes 12.

### RAISIN-NUT TARTS

**1 slightly beaten egg**
**1 cup sugar**
**1 cup raisins, chopped**
**½ cup chopped walnuts**
**¼ teaspoon finely shredded lemon peel**
**2 tablespoons lemon juice**
**1 tablespoon finely crushed saltine crackers (about 2 crackers)**
**Pastry for 2-crust pie**

In small bowl, combine all ingredients *except* pastry. On floured surface, roll *half* the pastry to a 12-inch square. Cut in sixteen 3-inch squares. Top each square with a scant tablespoon raisin filling. Moisten edges of pastry. Fold in half to form triangles. Seal edges well by crimping with fingers or pressing with tines of a fork. Prick tops. Repeat with remaining half of pastry and filling. Bake on ungreased baking sheet in 400° oven for 12 to 15 minutes. Makes 32.

### KAPRIDUTARA

(Fruit-Bread Pudding)

*A recipe designed to use up stale bread, and fruit that's past its prime—*

**6 slices bread**
**1 banana, sliced (¾ cup)**
**1 apple, cored and diced (¾ cup)**
**½ cup raisins**
**¼ cup chopped walnuts**
**1 cup packed brown sugar**
**⅔ cup water**
**½ teaspoon ground cinnamon**

Toast bread on baking sheet in 325° oven for 15 minutes; cut in small cubes. In large mixing bowl, combine toast cubes, banana, apple, raisins, and walnuts. Combine brown sugar, water, and cinnamon; add to fruit mixture, tossing to coat evenly. Let stand 5 minutes; stir again. Turn into 1½-quart casserole. Bake, uncovered, in 325° oven for 30 to 35 minutes, or till lightly browned. Serve with cream, if desired. Makes 5 or 6 servings.

### BABY CARROTS WITH RIPE OLIVES

**2 pounds fresh or frozen baby carrots**
**2 tablespoons olive or cooking oil**
**½ teaspoon dried thyme, crushed**
**⅛ teaspoon pepper**
**⅓ cup Mediterranean (Greek) or ripe olives, pitted and finely chopped**

In large saucepan, cover carrots with water; cook just till tender, about 15 to 20 minutes. Drain. In large skillet, heat oil; add rots, thyme, and pepper. Coo lightly browned, about 8 t minutes, stirring frequently. S olives; heat through. Turn mi into serving bowl. Makes 6 servings.

### BOEUF A LA MODE EN GELÉ

(Molded Beef and Vegetables)

*Use a crushed egg shell and white to clarify the stock—*

**3- to 4-pound boneless beef rump ro**
**1 tablespoon cooking oil**
**3 tablespoons brandy**
**1½ cups dry white wine**
**3 cups beef broth**
**1 teaspoon salt**
**½ teaspoon dried savory, crushed**
**½ teaspoon dried chervil, crushed**
**⅛ teaspoon pepper**
**1 bay leaf**
• • •
**12 ounces fresh or frozen baby carrot**
**10 ounces (16) small whole onions (boilers)**
• • •
**1 egg shell**
**1 egg white**
**¼ cup water**
• • •
**2 envelopes unflavored gelatin**
**½ cup cold water**
**Dijon-style mustard**

In 5-quart Dutch oven, bro meat in hot oil on all sides. P brandy over meat; ignite. W flame dies, add wine. Cook, unc ered, till liquid is reduced by h about 5 minutes. Add beef br salt, savory, chervil, pepper, bay leaf. Cover and simmer hours. Add carrots and onio Continue cooking, covered, till m is tender, 20 to 30 minutes. Ca fully remove meat from pan, ke ing it in one piece; cool. Remove ions and carrots with slotted spo set aside. Skim excess fat from sto Clarify stock by crushing egg sh mix with egg white and the ¼ c water. Stir into hot stock; bring boiling. Remove from heat. stand 5 minutes; strain. Measu broth; add water, if necessary, make 4 cups liquid. In small sau pan, soften gelatin in the ½ c cold water; add about half of beef stock. Heat and stir till gela is dissolved; add to remaini broth. Cool. Trim excess fat fr roast; cut a slice from bottom roast to form a flat base. Place me in a 2-quart mixing bowl to me sure depth. Slice off addition meat, if necessary, so that the c surface will be about 2 inches b low rim of bowl. (Save meat slic for another use.) Cover and r frigerate roast. Pour ½ cup of t gelatin mixture into the mixi bowl; chill till partially set. A range some of the carrots and o ions in the gelatin; chill till *almo* firm (surface is slightly sticky). (A low remaining gelatin to stand room temperature.) Place meat, c side up, atop gelatin in bowl. Chi remaining gelatin till partially se carefully spoon over and arou roast. Arrange remaining carro and onions around meat in the gel tin. Cover and chill overnight. T serve, unmold onto serving platte Garnish the mold with lettuce, desired. Slice and serve Dijon-sty mustard alongside. Makes 8 to 1 servings.

**continued on page 118**

# How do you know this ham is lean?

When you're buying a canned ham, you can't look inside to see how lean it is. You have to take somebody's word. That's why we don't show you a pretty picture of this ham. Instead, we show you the word, "Guaranteed" on the top of the can.

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Mix Cake

Dream Cake

# Dream Whip® can turn a strawberry short cake into a strawberry tall cake

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**Strawberry-Topped Dream Cake**

Combine 1 envelope DREAM WHIP Whipped Topping Mix *right from envelope,* 1 package "2—layer size" yellow cake mix, 4 eggs and 1 cup cold tap water in large mixer bowl. Blend; then *beat at medium speed for 4 minutes.* Pour into greased and floured 13 x 9 in. pan. Bake at 350° for 40-45 minutes. Cool in pan 10 minutes. Remove from pan, and cool on rack. Slice and sweeten 1 qt. strawberries, spoon over cake and garnish with prepared Dream Whip whipped topping.

7¢ **Dream Cake Your Mix Cake.** 7¢

7¢ off on any size Dream Whip® Whipped Topping Mix.

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GENERAL FOODS CORPORATION

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Photographs: Dieter

File under Casseroles and one-dish meals

# PICNIC MAIN DISHES

## Picnic Ham Packages

*Pack along these chilled sandwich pies for prizewinning picnic eating—*

1 package piecrust mix (for 2-crust pie)
2 cups (12 ounces) ground ham
½ of can (⅔ cup) condensed cream of celery soup
2 tablespoons catsup
2 tablespoons snipped parsley
1 teaspoon instant minced onion
1 teaspoon prepared mustard
3 slices process American cheese, halved diagonally
3 hard-cooked eggs, sliced

Prepare piecrust mix according to package directions. On lightly floured surface, roll to 1/16-inch thickness. Cut into six 7- or 7½-inch circles. Thoroughly combine ham, soup, catsup, parsley, onion, and mustard. Spread about ⅓ cup of the mixture on one half of each circle of dough. Top with cheese half and a few egg slices. Fold other half of dough over filling and seal edges with tines of fork. Prick top with fork to allow for escape of steam. Place on ungreased baking sheet. Bake in 375° oven till golden, about 40 minutes. Cool and chill. Makes 6 servings.

*Mrs. D. M. Conwell, New Providence, N.J.*

Cut along dotted line



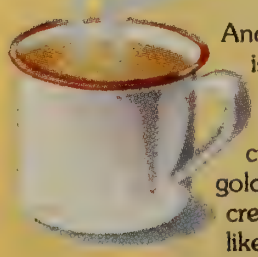

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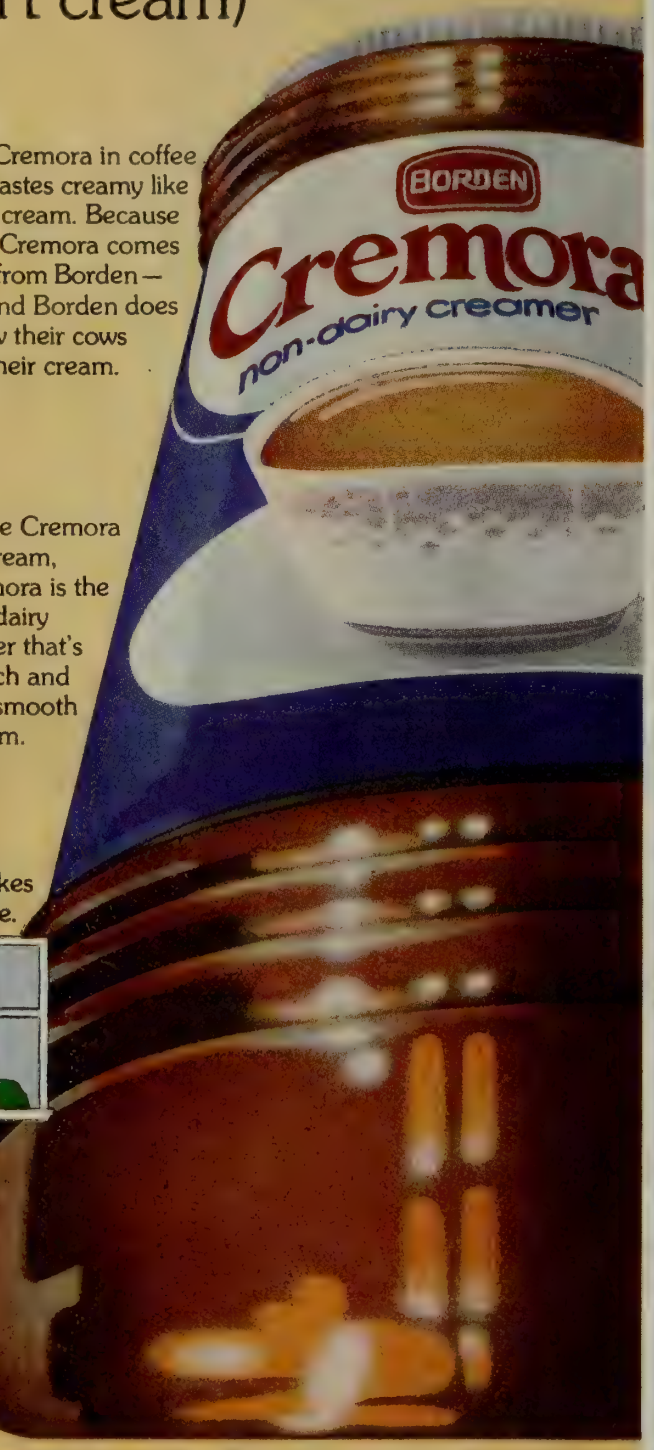
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(Offer good only in continental U.S.A. Void where restricted or prohibited by law.) B

11" x 14¼" memo board with pen. Write on, wipe off!




continued from page 112

# America: the melting pot of good cooking

### BABY ARTICHOKES A LA ANNETTE

*If baby artichokes are unavailable, use regular-size artichokes and trim, quarter, and remove chokes—*

**2 pounds fresh baby artichokes**
**3 tablespoons olive or cooking oil**
**Salt and pepper**
**½ teaspoon dried tarragon, crushed**
**2 tablespoons tomato paste**
**1 13¾-ounce can (1¾ cups) chicken broth**

Wash artichokes. Cut off stems and ½ inch of tops. Pull off coarser outer leaves. In 10-inch skillet, cook artichokes in oil, stirring frequently, till lightly browned, about 10 minutes. Season with a little salt and pepper and the tarragon. Stir in tomato paste. Add broth. Cover and simmer, stirring occasionally, till artichokes are done, about 18 to 20 minutes (bottoms should be tender). Serve as appetizer or side dish. Makes 4 to 6 servings.

### CHOCOLATE MOUSSE MANDARINE

*This is Annette's variation of chocolate pots de crème—*

**1 cup whipping cream**
**1 6-ounce package (1 cup) semisweet chocolate pieces, melted and cooled**
**½ cup sugar**
**2 egg yolks**
**2 tablespoons orange liqueur**
**1 tablespoon brandy**
**2 teaspoons finely shredded orange peel**
**2 egg whites**
**Dash salt**
**2 tablespoons sugar**

In blender container, place whipping cream, melted chocolate, the ½ cup sugar, the egg yolks, orange liqueur, brandy, and orange peel. Cover; blend till smooth and slightly thickened, about 1 minute. Beat egg whites and salt till soft peaks form (tips curl over); gradually add the remaining 2 tablespoons sugar, beating to stiff peaks (tips stand straight). Fold in chocolate mixture. Pour into small sherbet dishes or pots de crème cups. Chill several hours or overnight. Garnish with additional whipped cream and sliced almonds, if desired. Makes 6 to 8 servings.

### CHESTNUT-RASPBERRY REFRIGERATOR CAKE

*Assemble this dessert a day ahead so the ingredients can chill together overnight—*

**2 10-ounce packages frozen raspberries, thawed**
**1 15½-ounce can (about 2 cups) unsweetened marron puree (chestnut puree)**
**¼ cup sugar**
**2 cups whipping cream**
**2 tablespoons sugar**
**1 5½-ounce package chocolate nut cookies (15 cookies)**

Drain raspberries, reserving the syrup. Sieve raspberries to remove seeds. In small mixer bowl, beat together marron puree, ⅔ cup of the reserved syrup, and the ¼ cup sugar. (Save remaining syrup for a dessert sauce.) Whip 1 cup of the cream with the 2 tablespoons
to soft peaks (tips curl over).
bottom and sides of 8x4x2-inch
dish with *eleven* of the coo
Carefully spread *half* the ma
puree over cookies in botto
dish. Spoon *half* of the sieved
berries evenly over marron
ture. Spread *half* of the whi
cream over berries. Top with
more of the cookies. Repeat la
with remaining marron p
sieved raspberries, and whi
cream. Cover; chill overnight.
serve, unmold onto serving p
Whip remaining 1 cup crea
stiff peaks (tips stand strai
Spread over top and sides of c
Crumble remaining cookie
sprinkle over top. Makes 8 to
servings.

### VEAL A LA ROYAL

*For easier handling, select a r
with a fairly long, narrow shap*



**2 tablespoons chopped onion**
**2 tablespoons butter or margarine**
**2 cups small dry bread cubes (3 slices bread)**
**8 ounces bulk pork sausage, cooked and drained**
**¼ cup chopped pitted ripe olives**
**¼ teaspoon poultry seasoning**
**¼ teaspoon ground sage**
**⅛ teaspoon salt**
**⅛ teaspoon pepper**
**2 tablespoons water *or* beef broth**
**4-pound boneless veal round roast**
**3 hard-cooked eggs, chilled**
**3 tablespoons cooking oil**
**3 tablespoons butter or margarine**

Cook onion in the 2 tablespoo
butter or margarine till tender b
not brown. Combine with bre
cubes, sausage, olives, poultry se
soning, sage, salt, and pepper. To
with water or broth to moiste
Butterfly veal roast so when spre
out it forms about a 12x8-inch re
tangle. Trim any excess fat. Wor
ing on cut side of meat, with a thi
sharp, long-bladed knife, cut o
some of the meat to form a sligh
depression. (Save the hollowed o
meat to use another time.) Sprea
about ⅔ of the stuffing to within
inch of edges of the meat. Place th
eggs, end to end, crosswise, in th
center of meat. Pile remainin
stuffing around and over eggs. Fol
sides and ends of meat over eggs t
reshape into a roast. Secure wit
metal skewers as needed, then ti
securely crosswise and lengthwis
remove skewers. In 5-quart Dutc
oven, brown meat on all sides i
hot oil and the remaining 3 table

**continued on page 124**

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California Avocado Advisory Board

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SAUSALITO FRUIT SALAD

*8 California Avocado halves*
*1 cup cantaloupe balls*
*1 cup strawberry halves*
*KRAFT French Dressing*

Use 2 California Avocado halves to make avocado balls. Combine avocado balls, cantaloupe balls, strawberries and enough dressing to moisten. Peel remaining 6 California Avocado halves. Fill with fruit salad. Serve on lettuce covered plate with additional dressing. 6 servings

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GENERAL FOODS




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**American Eagle**
**A.** Federal Blue **B.** Colonial Red on Gold

**Liberty Bell**
**C.** Federal Blue **D.** Colonial Red on Gold

**Betsy Ross Flag**
**E.** Federal Blue **F.** Colonial Red on Gold

## Set of Crewel Moppets Pictures

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| | | | | |
| | | | | |
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Address _____

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#3 in a series




*Clip and fold these recipes for your file.*

**Lea & Perrins brings excitement to barbecues while it brings out their good flavor. Part of the secret is that its century-old recipe uses only natural ingredients. No wonder good cooks everywhere insist on the original Worcestershire.**

## Patio Party Kabobs

1 can (8 oz.) tomato sauce
2 Tbsp. brown sugar
1 tsp. salt
1 tsp. caraway seed
3 Tbsp. Lea & Perrins Worcestershire Sauce
2 Tbsp. cider vinegar
2 lb. beef round steak, cut into 1½-inch cubes
1 green pepper, cut into cubes
12 mushrooms
1 onion, sliced

Combine first 6 ingredients. Gently toss beef cubes, pepper, mushrooms and onion with tomato mixture; thread alternately on skewers. Place on rack over hot charcoal. Grill eight to ten minutes; baste and turn several times.* Yield: 6 portions.

## Stuffed Double Burgers

1½ lb. ground lean beef
3 Tbsp. Lea & Perrins Worcestershire Sauce
1¼ tsp. salt
2 slices processed American cheese, diced
¼ cup thinly sliced dill pickle

Combine beef, Lea & Perrins and salt; mix lightly. Shape into 12 patties. Top 6 patties with cheese and pickle slices. Place remaining patties over filling; seal edges. Place on rack over hot charcoal. Grill 5 minutes on each side.* Yield: 6 portions.

## Frankly Great!

Slit 10 frankfurters lengthwise; do not cut through to bottom. Stuff with mixture of ½ cup chopped tomato and ½ cup shredded American cheese. Brush with 4 tsp. Lea & Perrins. Wrap each frank with 1 slice bacon. Place on rack over hot charcoal. Grill 6 minutes; turn and brush often with 2 tsp. Lea & Perrins.*

## The Classic Worcesterburger

Shape 1 lb. ground beef into 4 burgers. Grill 12 minutes, turning once; brush often with Lea & Perrins Worcestershire Sauce.*

*If desired, place on rack of broiler pan. Place under preheated hot broiler; follow preceding directions for cooking.

**Lea & Perrins. The people who know their sauces.**

For your free Worcestershire recipe book, write Lea & Perrins, Dept. D4, Fair Lawn, N.J. 07410.

continued from page 118

# America: the melting pot of good cooking

spoons butter or margarine. Cook, covered, over very low heat, turning meat carefully several times, for about 1½ hours or till tender. If necessary, add a little water to keep meat moist. Remove from heat. Chill overnight. Slice thinly to serve. Garnish with bibb lettuce and chilled cooked baby carrots, if desired. Makes 10 servings.

## PAPRIKAS CHICKEN

2 medium onions, chopped (1 cup)
1 small green pepper, chopped (½ cup)
3 tablespoons cooking oil
3 tablespoons paprika
2½- to 3-pound broiler-fryer, cut up
1 cup water
1 teaspoon salt
⅛ teaspoon pepper
½ cup dairy sour cream
2 tablespoons all-purpose flour

In large skillet, cook onion and green pepper in oil till tender but not brown. Remove from heat; stir in paprika and mix well. Add chicken to paprika mixture, turning pieces to coat them well. Cook over low heat about 5 minutes, stirring constantly so that paprika does not burn. Add water, salt, and pepper. Bring to boiling. Reduce heat. Simmer, covered, 35 to 45 minutes, or till chicken is tender. Remove skillet from heat. Remove chicken from sauce; skim off excess fat from sauce. Pour sauce into blender container; cover and blend till smooth. Add enough water to blender mixture to measure 2 cups liquid. In same skillet, blend together sour cream and flour; stir in blender mixture. Cook and stir till thickened, but do not boil. Add chicken; heat through over low heat. Makes 4 servings.

## GALUSKA

2 cups all-purpose flour
1 teaspoon salt
2 slightly beaten eggs
1 cup milk

In mixing bowl, stir together flour and salt. Add eggs and milk; beat well. Place mixture in a coarse-sieved colander. Hold over large kettle of rapidly boiling salted water. With wooden spoon, press batter through colander. Cook and stir 5 minutes; drain thoroughly. Makes about 3 cups.

## BEEF GULYAS SOUP

4 slices bacon
2 medium onions, chopped (1 cup)
2 cloves garlic, minced
1 to 1½ tablespoons paprika
2 teaspoons salt
2 pounds boneless beef pot roast, cut in 1-inch cubes
2 cups water
1 medium tomato, cut up
1 6-ounce can tomato paste
3 medium potatoes, pared and finely chopped
Dairy sour cream
Chopped green onion

In 4-quart Dutch oven, cook bacon till crisp; drain and crumble bacon, reserving drippings. Cook onion and garlic in reserved bacon drippings till onion is tender but not brown. Stir in paprika and Add meat and bacon; cook an over low heat 2 to 3 minutes. water, tomato, and tomato Simmer, covered, over low 1½ hours. Add potatoes. Con cooking slowly about 20 mi more or till potatoes are te Skim off excess fat. Ladle into bowls. Serve with sour cream chopped green onion. Mak servings.

## GYPSY PORK STEAKS

2 whole pork tenderloins (1½ pound
4 teaspoons paprika
1 teaspoon salt
⅛ teaspoon pepper

Cut tenderloin in six pieces a 3 inches long. Resting each on cut side, flatten with side cleaver or meat mallet to ¾- thickness. Combine paprika, and pepper. Coat tenderloin both sides with seasoning mix Grill over medium coals 10 min on each side or till meat is d Makes 6 servings.

## FISH GULYAS

2 medium onions, sliced
1 medium green pepper, cut in rings
2 cloves garlic, minced
3 tablespoons butter or margarine
1 tablespoon paprika
1 15-ounce can (2 cups) tomato sauc
2 cups water
2 teaspoons sugar
1½ teaspoons salt
½ teaspoon dried marjoram, crushed
1½ pounds fresh or frozen haddock, halibut, *or* salmon steaks, cut ¾ inch thick
10 cherry tomatoes, halved

In 5-quart Dutch oven, c onion, green pepper, and garli butter or margarine, covered, the vegetables are tender but brown, about 10 minutes. Sti paprika; cook and stir over heat 2 to 3 minutes. Stir in tom sauce, water, sugar, salt, and m joram. Add fish. Bring to boil Reduce heat; simmer, uncove 15 minutes, or till fish flakes ea with a fork. Add tomatoes; coo minutes more. Remove fish st to serving bowls; spoon remain mixture over fish. Makes 6 servi

## DOBOS TORTA

*Cake:*
9 eggs, at room temperature
½ cup granulated sugar
1 teaspoon finely shredded lemon pe
⅔ cup all-purpose flour
Powdered sugar
*Filling and Frosting:*
1 cup butter or margarine, softened
½ cup granulated sugar
2 eggs
⅓ cup unsweetened cocoa powder
¼ teaspoon instant coffee powder
*Topping:*
¼ cup granulated sugar

*For cake:* In large mixer bo beat the 9 eggs till blended. Beat at medium speed, add the first cup granulated sugar and the len peel. Beat at high speed of elec mixer, guiding mixture into bea with rubber spatula, for 8 to minutes or till thick and pale yell in color. Sprinkle flour over yolk mixture; fold in. Divide ba among three greased and flou 9-inch round cake pans. Bake 350° oven 10 to 12 minutes or cake tests done. Immediately loo edges and turn out onto to

**continued**




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FAMILY FOOD IDEAS




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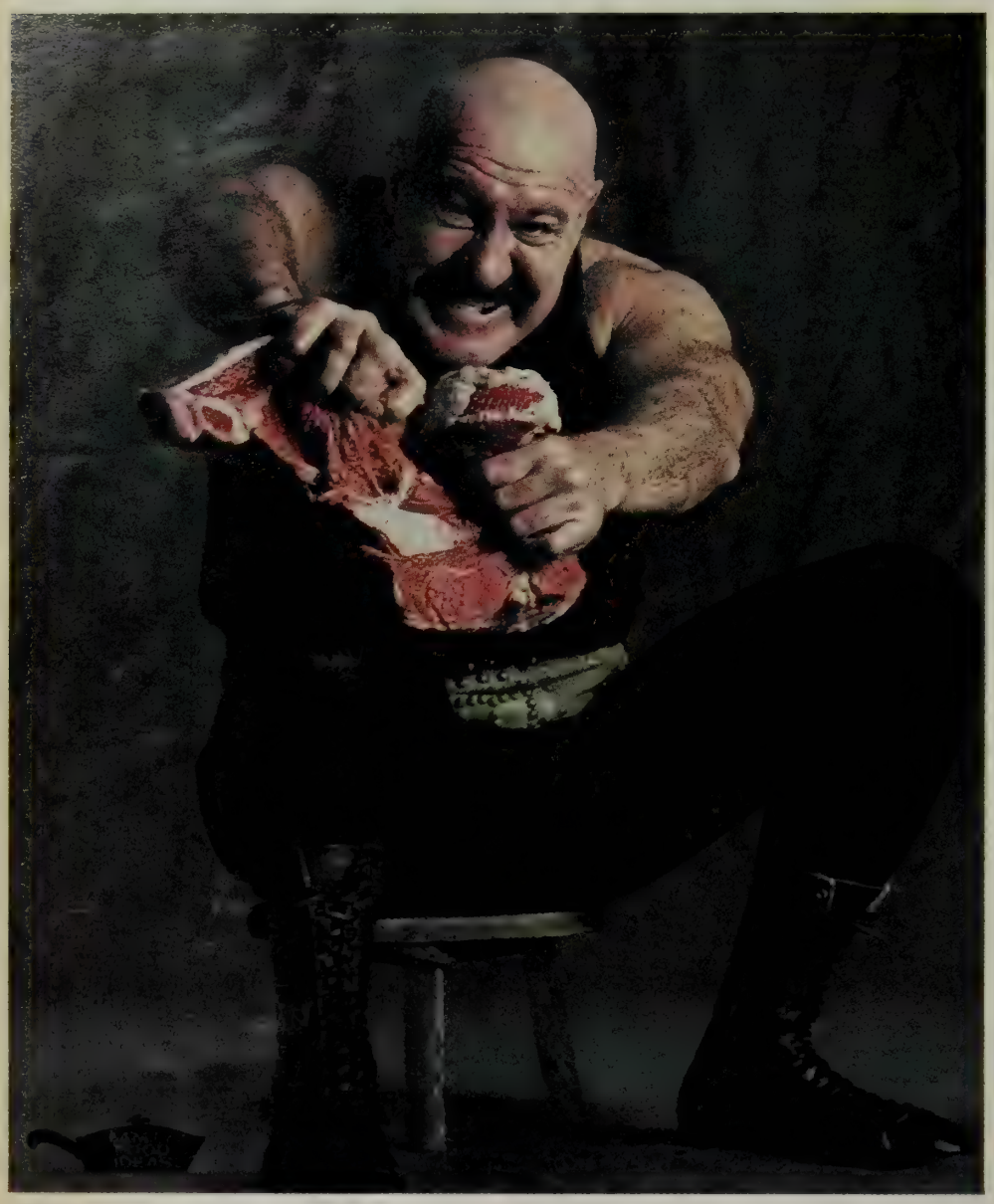
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But what you might not know is that McCormick/Schilling Tenderizer gives you up to 57% more tenderizer for your money than the other leading tenderizer you can buy.

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**McCormick/Schilling flavor makes all the difference in the world.**




**McCormick/Schilling**


continued

## America: the melting pot good cookin

sprinkled with powdere Cool completely. With t bladed knife, split each half horizontally.

*To make Filling and* In small mixer bowl, bea butter or margarine and t ½ cup granulated sugar and fluffy. Add the 2 eggs time, beating well after e tion. Beat in cocoa and co der. Continue beating til is very smooth. To assem Reserve one top cake laye tops of remaining 5 ca with ¾ of the Filling and mixture (about 3 tablesp each layer), stacking one other as finished. Frost cake with remaining Fil Frosting mixture. Decorat drawing tines of fork throu ing vertically. Set aside.

*For Topping:* Place r top cake layer, cut side plate. In heavy 1-quart s heat and stir the remainin granulated sugar over low sugar is melted and golde Immediately pour syrup over top of remaining ca Quickly spread to edges in stroke. Cool till harden hot knife or long hot ske cake layer in 16 wedges. wedges atop frosted cak thoroughly. Makes 16 serv

**PAULETTE'S TORTA**

**5 egg whites, at room temperat**
**½ cup granulated sugar**
**5 egg yolks, at room temperatu**
**⅓ cup all-purpose flour**
**⅓ cup ground walnuts**
**½ teaspoon baking powder**
**¼ teaspoon salt**
**Powdered sugar**
**1 recipe Cream Filling and Fros**

Grease a 15x10x1-inch baking pan. Line with waxe grease and flour paper. E whites till soft peaks for curl over); gradually add gra sugar, beating till stiff pea (tips stand straight). In sma bowl, beat egg yolks at hig of electric mixer till thi lemon-colored, 5 minutes; s Fold egg yolks into whit together the flour, walnuts, powder, and salt; gently f egg mixture. Spread batter in prepared baking pan. 350° oven for 12 to 14 mi till cake tests done. Imm loosen sides and turn o towel sprinkled with powde ar. Remove waxed paper. at one narrow end, roll ca towel together; cool compl wire rack. Unroll cake. chilled portion of the Cream and Frosting evenly over ca up cake, jelly-roll fashion. F serving plate. Spread re Cream Filling and Frostin roll. Chill. Makes 12 serving

*To make Cream Fillin Frosting:* In small mixer bow bine *three 1-ounce squares u*

*ate, melted and cooled,*
*ns hot water,* and *2¼*
*powdered sugar.* Beat in
*6 tablespoons softened*
*margarine* and *1¼ tea-*
*lla.* (Filling will be thin
t.) Place mixer bowl in
water; beat with electric
thick, about 6 minutes.
out 1¼ cups for frost-
nainder chill in bowl of
ll firm, stirring occasion-
5 minutes.

**RULA** (Little Devils)

**or margarine**
**granulated sugar**
**salt**
**rpose flour**
**baking powder**

**or deep-fat frying**
**red sugar**

pan, combine water, but-
garine, granulated sugar,
ring mixture to boiling.
and baking powder all at
ing vigorously till mix-
the sides of the pan. Re-
n heat. Add eggs, one at
ating *very well* by hand
addition. Drop dough, a
ablespoon at a time, into
at (375°). Cook till puffy
n on both sides, about 5
Drain on paper toweling.
vith sifted powdered sug-
warm. Makes 4 dozen.

**AN VANILLA**
**PALACSINTAS**

**vanilla**
**ons butter or margarine,**

**urpose flour**
**ulated sugar**

**es**

**dered sugar**
**package frozen red**
**ies, thawed**
**ons granulated sugar**
**ns cornstarch**

all mixer bowl, beat to-
g yolks and vanilla; stir in
margarine. Stir together
l the ½ cup granulated
d to egg yolk mixture al-
with milk beating after
ition. In large mixer bowl,
whites till stiff peaks form
nd straight). Gently fold
ixture into egg whites.
8-inch skillet with cook-
heat. Spoon 3 tablespoons
o pan; tilt from side to side
covers bottom. Cook over
high heat till underside is
, 45 to 60 seconds. Flip,
side up, onto buttered,
ng serving plate. Sift a
the powdered sugar atop.
making, stacking, and sug-
lacsintas till all batter is
ace last palacsinta on top
wned side up. Cover with
reheat in 300° oven for 8
minutes. To serve, cut in
and top with *Raspberry*
ieve raspberries to remove
hould have 1 cup sieved
). In saucepan, combine re-
granulated sugar and the
ch; stir in sieved berries.
nd stir till bubbly. Serve
lakes 8 to 10 servings.

**ed**


# Which is the best pineapple?

The sweeter kind in syrup.

The kind in its own juice. No sugar added.




You're right!

FAMILY FOOD IDEAS

CASTLE & COOKE, INC.

continued

# America: the melting pot of good cooking

### HAM-FILLED ROULADE

*Rolled up like a jelly roll—*

**4 tablespoons butter or margarine**
**½ cup all-purpose flour**
**½ teaspoon salt**
**⅛ teaspoon white pepper**
**2 cups milk**
**5 egg yolks**
**5 egg whites**
**1 recipe Ham Filling**

Grease a 13x9x2-inch baking pan, line with waxed paper, and grease again. Dust lightly with a little flour. In saucepan, melt butter or margarine. Blend in flour, salt, and pepper. Add milk all at once; cook and stir till thickened and bubbly. Remove from heat. Beat egg yolks on high speed of electric mixer till very thick and lemon-colored, about 6 minutes. Gradually add sauce to yolks, stirring constantly. Cool slightly, about 5 minutes. Beat egg whites to stiff peaks (tips stand straight). Fold into cooled egg yolk mixture. Pour into prepared pan; spread evenly. Bake in 400° oven for 25 to 30 minutes or till puffed and brown. Immediately turn out onto clean towel. Remove waxed paper. Spread with Ham Filling. Roll up jelly-roll fashion, beginning at long side and using towel to help roll. Transfer to serving plate, seam side down. Makes 6 servings.

*To make Ham Filling:* In small skillet, cook *2 tablespoons finely chopped onion* in *1 tablespoon butter* till tender but not brown. Stir in *1 cup ground cooked ham, 2 tablespoons dairy sour cream,* and *1 teaspoon Dijon-style mustard.* Heat through over low heat.

### POTATO LANGOS

*Rub garlic over the warm bread—*

**3½ cups all-purpose flour**
**1 package active dry yeast**
**1¼ cups milk**
**¼ cup sugar**
**¼ cup shortening**
**1½ teaspoons salt**
**½ cup mashed potatoes**
**1 egg**
**Cooking oil for deep-fat frying**
**Garlic cloves**

In large mixer bowl, stir together 2 cups of the flour and the yeast. In saucepan, heat milk, sugar, shortening, and salt just till warm (115° to 120°), stirring constantly till shortening almost melts. Add to dry ingredients in mixer bowl; add potatoes and egg. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in the remaining flour. Turn into greased bowl, turning once to grease surface. Cover; let rise till double, about 1 hour. Punch dough down; divide in half. Cover; let rest 10 minutes. On well-floured surface, roll half the dough at a time to ¼-inch thickness (12x8-inch rectangle). With sharp knife, cut in 4-inch circles or ovals. Make 2 parallel slashes, about 1½ inches long, off-center in each circle. Pull



apart with fingers to widen openings. (Reroll extra dough as necessary.) Fry, a few at a time, in deep hot fat (375°) till puffy and golden brown, about 2 minutes, turning once. Drain on paper toweling. Serve warm with garlic cloves. Makes about 2 dozen.

### FRUIT TRIFLE

**¼ cup sugar**
**3 tablespoons all-purpose flour**
**2 cups milk**
**3 beaten egg yolks**
**2 teaspoons finely shredded lemon peel**
**1 teaspoon vanilla**
**1 3-ounce package (12) ladyfingers, halved lengthwise**
**⅓ cup dark rum**
**2 medium peaches, peeled, pitted, and chopped (1 cup)**
**1 quart fresh strawberries**
**1 cup whipping cream**
**2 tablespoons sugar**
**1 teaspoon vanilla**
**½ cup currant jelly**

In heavy medium saucepan, combine the ¼ cup sugar and the flour. Blend in milk, egg yolks, and lemon peel. Cook and stir over medium heat till mixture thickens and just begins to bubble, about 7 to 8 minutes. Remove from heat; add the first 1 teaspoon vanilla. Cover surface with waxed paper. Cool till just warm, about 30 minutes. In a 1½-quart soufflé dish or serving bowl, arrange *half* of split ladyfingers. Sprinkle with *half* the rum. Top with peaches. Spoon *half* of the warm custard over. Arrange remaining ladyfingers atop custard; sprinkle with remaining rum. Slice *1 cup* of the strawberries; leave remainder whole and reserve for garnish. Spoon sliced berries over ladyfingers. Top with remaining custard. Whip cream with the 2 tablespoons sugar and the remaining 1 teaspoon vanilla just to soft peaks. Spread about half of the whipped cream atop sliced berries. Pipe remainder with pastry tube and tip around edge. Chill at least 4 hours. Just before serving, melt jelly in a small saucepan. Dip reserved whole strawberries in jelly; place atop for garnish. Makes 10 servings.


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15¢ FF-BHG 676 15¢

FF-BHG 676

**D MAIDS OF HONOUR**
rpose flour
salt
ns butter or margarine
spoons cold water
s raspberry jam
•
r
ns butter or margarine,
nd almonds
almond extract
eaten egg
ing bowl, stir together salt. Cut in butter or mar- mixture resembles coarse dd water, a tablespoon at ixing with fork till dough l. Wrap in waxed paper. our. On floured surface, y to ⅛-inch thickness; ¾-inch cookie cutter, cut . Fit the circles into 1¾- in cups. Place ¼ teaspoon ch pastry shell. (Do not or the jam will burn.) gether the sugar and but- rgarine till creamy. Stir in almond extract, and egg. tablespoons of the almond top jam in pastry shells. 400° oven for 25 to 28 Remove from pan. Cool rack. Sift powdered sugar if desired. Makes 12 tarts.

**TED SALMON**
*spoons salt if you plan to salmon—*
on salt
on sugar
ons whole black peppercorns,
almon, cut into 2 fillets
nch fresh dill or 1 teaspoon illweed
ine salt, sugar, and pepper- lace one fish fillet on large heavy-duty foil. Cover fish l; sprinkle with salt mix- p with second fish fillet. il securely, using a drug- d; place in shallow dish or Pile several weights or 3 pened food cans atop foil Refrigerate at least 48 rning packet several times. to keep weights on pack- serve, unwrap fish; scrape nings. Slice thin. Arrange ter with dill. Serve with melba toast. Makes 8 to ngs.
If desired, fish may be 8 inches from heat for 10 inutes. Slice thin.

**O SHRIMP**
tter or margarine
on salt
on ground allspice
on ground mace
on ground nutmeg
anne
nce can tiny shrimp, drained
butter or margarine in 8- illet; stir in salt, allspice, nutmeg, and cayenne. Add Cook and gently stir till through, about 5 minutes. into four 4-ounce soufflé Cover and chill. Let stand n temperature 20 minutes. s a spread for melba toast or d crackers.

**H EGGS**
bulk pork sausage
spoons snipped parsley
oon rubbed sage

continued


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_____ L (16-18)

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ed

# erica: the ting pot of d cooking

on dried thyme, crushed
ooked eggs
-purpose flour
on salt
round pepper
beaten egg
e dry bread crumbs
oil for deep-fat frying

ixing bowl, blend together parsley, sage, and thyme. about ¼ cup mixture for hape in 8 patties, 4 inches eter. Completely wrap one patty around each hard-egg; cover and chill several Combine flour, salt, and pep- ll sausage-covered eggs first mixture, next in beaten egg, crumbs. Fry in deep hot oil for 1½ to 2 minutes. Serve old. Makes 8 servings.

## E STRAWS

pastry for Summer Tart
on worcestershire sauce
ounces) shredded natural
ar cheese

oured surface, roll the pas- 12-inch square. Brush with ershire. Top with the cheese, a thin layer over the pas- ld two opposite sides to the then fold remaining two o middle. Roll the pastry o a 12x6-inch rectangle. Cut -inch strips. Twist each strip ce on *buttered* and *floured* sheet. Bake in 400° oven minutes. Remove from pan rack; cool. Makes 48.

## ER TART

*tover cooked beef or a 1- beef T-bone steak, pan- in 1 tablespoon cooking oil inutes per side—*

il-purpose flour
oon salt
spoons butter or margarine
tablespoons cold water

d fresh green beans or 2 9-ounce
ges frozen cut green beans
spoons butter or margarine
spoons light cream or milk
oon salt
oon freshly ground pepper
soft bread crumbs
d fresh asparagus spears,
ed and drained
rare roast or broiled beef
thin strips
ondensed beef consomme

mixing bowl, stir together nd the ¼ teaspoon salt. Cut 4 tablespoons butter or mar- till mixture resembles coarse . Add water, a tablespoon at , stirring with a fork till forms a ball. Wrap in waxed chill 1 hour. On a floured , roll pastry to a circle ⅛ hick. Fit pastry into 9-inch te or 9-inch flan ring. Trim Prick bottom and sides well ork. To prevent pastry from down the sides of pie plate, with foil. Fold sides of foil y over sides of pie plate; the foil with a layer of dry Bake in 400° oven for 10

ued





# Armour makes a case for not turning on the oven.

Serving Armour Star Canned Ham doesn't have to be a big production, unless you want it to be. After all, Armour Star Ham is fully cooked, boneless and ready to slice and eat. And it's delicious that way.

If you're entertaining this summer, we think you should know there are many ways to serve Armour Star Ham without using a lot of energy. Yours or your oven's. So we consulted the following authorities to help make our case:

WOMAN'S DAY ENCYCLOPEDIA OF COOKERY

**Glazed Cold Ham**
Cover a canned ham with this golden glaze flavored with mustard and cloves.

FANNIE FARMER COOKBOOK

**Ham in Aspic**
Serving slices of fully cooked ham arranged on aspic in a mold.

GOOD HOUSEKEEPING COOKBOOK

**Ham and Egg Sandwich Loaf**
A whole loaf of bread sliced lengthwise and filled with a layer of ham-horseradish filling and one of curry-egg filling.

JAMES BEARD'S AMERICAN COOKERY

**Cold Decorated Ham for a Buffet**
Create your own design with a little imagination and everything from fresh tarragon leaves to hard-cooked eggs, and carrot strips, red or green peppers, pimiento, sprigs of parsley or dill.

GOURMET COOKBOOK

**Ham in Cider Buffet Mold**
Raisins and julienne strips of ham molded in cider and garnished with such things as finely shredded red cabbage, gherkin fans, asparagus tips, radish roses, olives or bunches of watercress. You can even decorate with tinted mayonnaise pressed through a pastry tube.

But if that's too elaborate, we suggest you explore the whole delicious subject of ham salads.

BETTER HOMES AND GARDENS MEALS IN MINUTES

**Ham and Orange Salad**
Ham and mandarin oranges in a mustard-mayonnaise dressing.

**Chef Salad Bowl**
Ham, avocado and cheese star in this recipe.

THE GOOD HOUSEKEEPING COOKBOOK

**Ham and Cheese Salad**
Ham and cheese with celery, peas and onions on lettuce.

**Ham and Chicken Salad**
Two old favorites together.

SUNSET SALAD BOOK

**Pineapple and Ham Salad**
Diced ham with pineapple chunks, green peppers and sweet pickles.

**Ham and Turkey Salad**
Beautiful combination that includes red-skinned apples, grapes and almonds.

BETTER HOMES AND GARDENS COOKBOOK

**Rice and Ham Salad**
A colorful medley of cauliflower, peas, ham, green onions, celery and radishes tossed with rice and served on rings of casaba melon.

WOMAN'S DAY ENCYCLOPEDIA

**Ham Fruit Salad**
Scrumptious blend of ham, oranges, apples, pineapples and bananas.

**Ham Salad Boats**
This traditional ham salad piled on hot dog buns is sure to please the kids.

We hope you try a new ham recipe soon. We'll even send you some of ours free. Write to: "Magic Can Recipe Booklet," Armour and Company, P.O. Box 4354, Dept. B, Chicago, Illinois 60680.

FAMILY FOOD IDEAS




**Look for the Armour Star outside. You'll find Armour quality inside.**

# America: the melting pot of good cooking

minutes. Remove from oven; remove beans and foil. Return pastry to oven; bake 15 minutes. Cool.

In saucepan, cook fresh green beans, uncovered, in boiling salted water for 10 minutes, or till barely tender. (Or, cook frozen beans according to package directions.) Drain. Place in blender container with the 2 tablespoons butter or margarine, the cream, salt, and pepper. Cover and puree till smooth. Pour into a bowl. Stir in bread crumbs. Spoon mixture into cooled pastry shell. Arrange stacks of asparagus spears spoke-fashion atop bean mixture. Arrange beef strips between asparagus spears. Chill a little of the beef consomme till partially set. (Save remainder for another use.) Spoon over top to glaze. Chill. Makes 6 servings.

### BARLEY TEA

*There's no real tea in this lemonade-like thirst-quencher—*

**¼ cup quick-cooking pearl barley**
**2 cups water**
**6 lemons**
**1 cup sugar**
**4 cups water**

Soak barley in the 2 cups water overnight. Squeeze juice from lemons (should have about 1 cup); reserve squeezed halves of one lemon. Place lemon juice, reserved lemon halves, barley mixture, and sugar in 3-quart saucepan. Add the 4 cups water; bring to boiling. Reduce heat and simmer, uncovered, 10 minutes. Let stand 1 to 2 hours. Cover; chill. Strain through sieve. Serve over ice. Makes 6 cups tea.

### SHROPSHIRE CHICKEN SALAD

**2½- to 3-pound broiler-fryer, cut up**
**2 cups diced celery**
**1½ cups cooked ham cut in ½-inch cubes**
**1 cup diced apple**
**1 large tomato, seeded and diced**
**½ cup seedless green grapes, halved**
**½ cup pitted ripe olives, sliced**
**1 recipe Homemade Mayonnaise**
**1 tablespoon finely snipped parsley**
**½ teaspoon dried rosemary, crushed**

In 4-quart Dutch oven, add enough salted water to chicken to cover. Bring to boiling; reduce heat and simmer, uncovered, 45 minutes to 1 hour, or till tender. Remove from heat; cool. When cool enough to handle, remove chicken meat from bones; discard bones and skin. Dice chicken (should have about 2 cups). Combine diced chicken, celery, ham, apple, tomato, grapes, and olives. Stir together Homemade Mayonnaise, parsley, and rosemary; add to chicken mixture, tossing to coat. Cover and chill. Makes 8 servings.

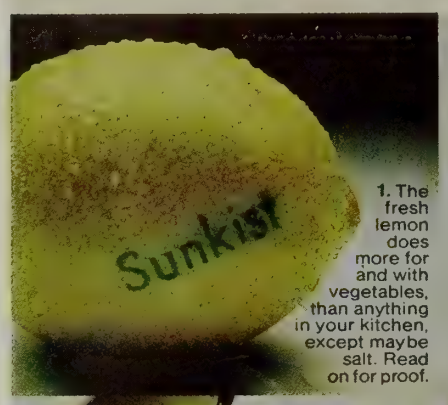
*To make Homemade Mayonnaise:* Place *1 egg, 2 tablespoons vinegar, 1 tablespoon Dijon-style mustard, ½ teaspoon salt,* and a *dash freshly ground pepper* in blender container. Cover and blend on slow speed a few seconds till mixed. With blender running slowly, gradually add *1 cup salad oil* in a thin stream through hole in cover till mixture has thickened. (Increase blender speed when mayonnaise is partially thickened.) Stop blender when necessary to scrape sides of blender. Remove to storage container. Cover and chill. Makes 1 cup.

### CHAWAN MUSHI
(Shrimp and Vegetable Custard)

*Mirin is a sweet sake—*

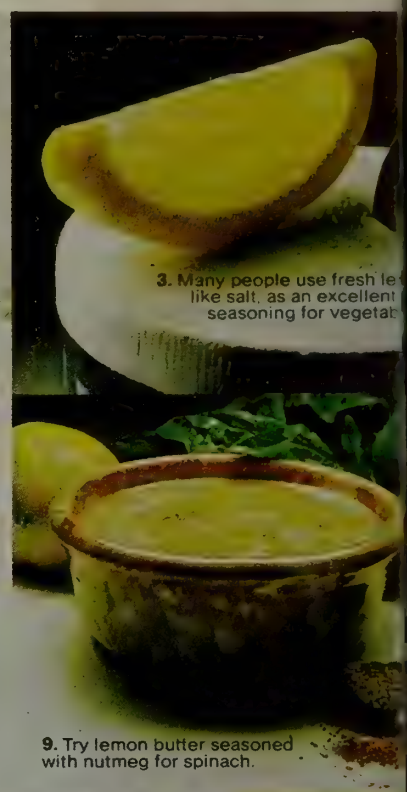
**1 teaspoon dry dashi mix**
**1½ cups boiling water**
**2 eggs**
**4 teaspoons soy sauce**
**½ teaspoon monosodium glutamate**
**4 teaspoons mirin *or* sake plus 2 teaspoons sugar**
**2 ounces (⅓ cup) kamaboko (fish cake) *or* cooked cod, cut up**
**4 small dried mushrooms, soaked and chopped**
**4 large leaves fresh spinach, torn**

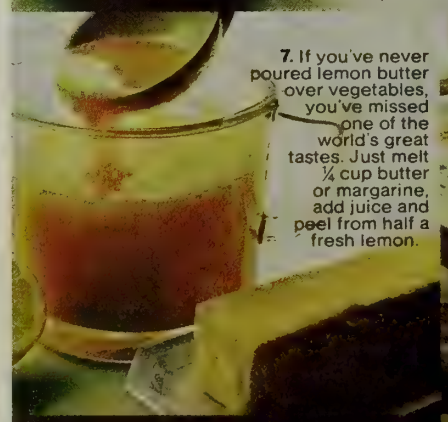

# Some things we may never tell you aga



1. The fresh lemon does more for and with vegetables, than anything in your kitchen, except maybe salt. Read on for proof.


2. Fresh lemon juice in your cooking water keeps white vegetables white. Potatoes, cauliflower, turnips, etc. won't get that grayish color.

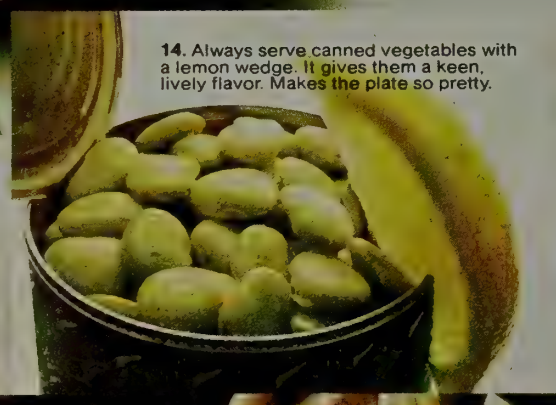

3. Many people use fresh le like salt, as an excellent seasoning for vegetab

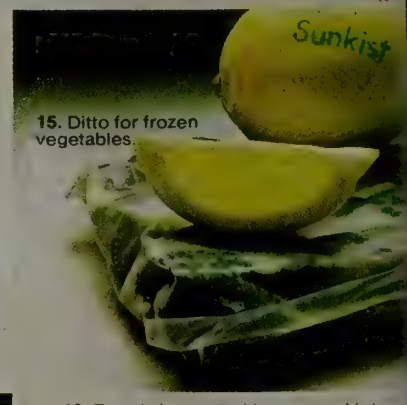

7. If you've never poured lemon butter over vegetables, you've missed one of the world's great tastes. Just melt ¼ cup butter or margarine, add juice and peel from half a fresh lemon.


8. Try lemon butter seasoned with chopped chives or parsley for asparagus.

9. Try lemon butter seasoned with nutmeg for spinach.


13. Try lemon butter pats with mint for peas

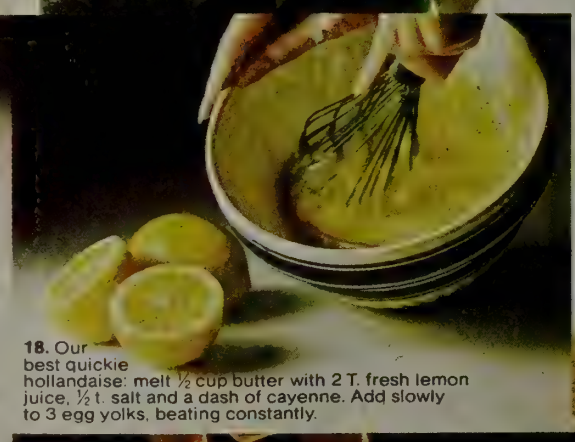

14. Always serve canned vegetables with a lemon wedge. It gives them a keen, lively flavor. Makes the plate so pretty.



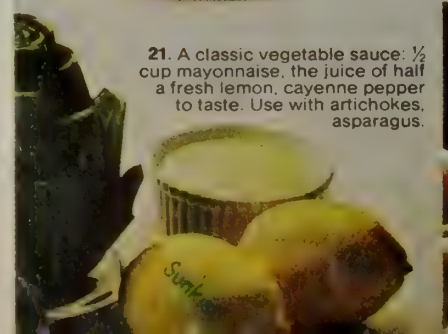
15. Ditto for frozen vegetables.

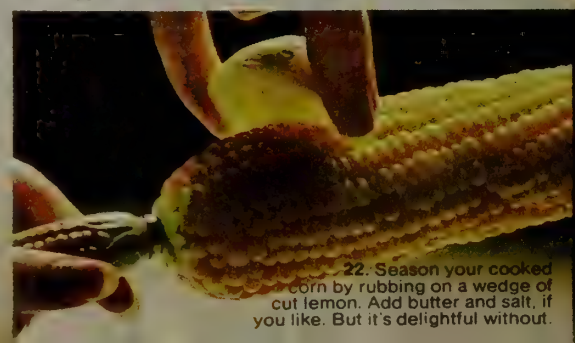


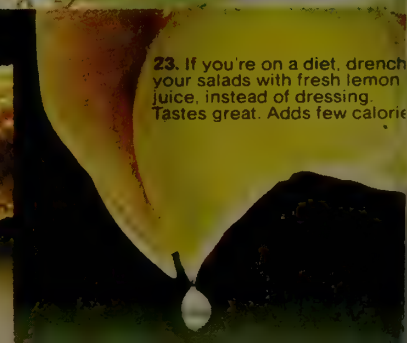
17. When making salad dressings from packaged mixes, use fresh lemon juice instead of vinegar. Tastes fresher, zippier, better.


18. Our best quickie hollandaise: melt ½ cup butter with 2 T. fresh lemon juice, ½ t. salt and a dash of cayenne. Add slowly to 3 egg yolks, beating constantly.

19. Try stirring grated lemon peel into v sauces like hollandaise, bearnaise, morn Especially good when you make these sauces from a mix.


21. A classic vegetable sauce: ½ cup mayonnaise, the juice of half a fresh lemon, cayenne pepper to taste. Use with artichokes, asparagus.


22. Season your cooked corn by rubbing on a wedge of cut lemon. Add butter and salt, if you like. But it's delightful without.


23. If you're on a diet, drench your salads with fresh lemon juice, instead of dressing. Tastes great. Adds few calorie

**4 cleaned and shelled large shrimp, chopped**

Combine dashi mix and boiling water. Beat together eggs, soy, monosodium glutamate, and mirin. Slowly beat in prepared dashi. Divide the kamaboko, mushrooms, spinach, and shrimp among four 6-ounce custard cups. Pour in dashi mixture. Cover tightly with foil. Set cups on rack in large deep saucepan. Pour boiling water into pan to depth of 1 inch. Cover and steam 10 minutes. Makes 4 servings.

### CHICKEN TERIYAKI

**½ cup soy sauce**
**½ cup sugar**
**1 clove garlic, crushed**
**2 tablespoons mirin *or* sake**
**4 large chicken breasts, boned and halved**

In small saucepan, combine soy, sugar, garlic, and mirin. Cook and stir over low heat till sugar dissolves. Cook, uncovered, till like thin syrup, about 5 minutes more. Cool. Pour sauce over chicken breasts in bowl. Cover and refrigerate at least 4 hours, turning chicken occasionally. Remove chicken, reserving marinade. Broil chicken, skin side down, in foil-lined broiler pan (do not use rack) 5 inches from heat for about 6 to 7 minutes. Turn; broil 7 minutes more or till done. Heat the reserved marinade. Slice chicken crosswise; arrange on serving platter. Pour sauce over. Makes 8 servings.


# bout vegetables and Sunkist lemons.

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## And some things we may or may not try to sell you again.

A. THE GRATER. Folds for storage. Stainless grating area. $1.00 value. B. THE JUICER. Squeezer and pouring cup come apart. 75¢ value. C. THE FAUCET. Turns a lemon into its own bottle. Twist it in, and squeeze. Snap cap to close. 50¢ value. D. TWO SNACKERS. An easy way to make twists. Peels oranges and lemons, too. 50¢ value for 2.

All this, plus a lemon recipe booklet, for $2.00 in the Sunkist Lemon-Aid Kit.

So what is the Sunkist lemon to vegetables?
The end. The absolute end.

Sunkist

Please send me _____ Sunkist Lemon-Aid Kits @ $2.00 _____.
IN ADDITION, please send:
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_____ Recipe booklet @ 35¢ _____
TOTAL _____

Make check or money order payable to Sunkist Lemon-Aid Kit.

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Send to P.O. Box 98, Lomita, California 90717.
Void where taxed or otherwise prohibited.
Allow 6-8 weeks delivery. Prices include tax and postage.
Offer expires December 31, 1976.


### OSUNOMONO

(Cucumber and Shrimp Salad)

**3 large cucumbers**
**1 tablespoon salt**
**¼ cup rice vinegar**
**2 tablespoons sugar**
**1 tablespoon soy sauce**
**½ teaspoon monosodium glutamate (optional)**
**1 cup cooked, peeled, and cleaned tiny shrimp**

Pare the cucumbers lengthwise, leaving a few strips of green; slice very thinly. Sprinkle with the 1 tablespoon salt; mix with hands, squeezing out as much liquid as possible. Drain well. Combine vinegar, sugar, soy, and monosodium glutamate. Stir into cucumbers. Cover and chill 1 to 2 hours. Stir in shrimp. Makes 6 to 8 servings.

### YOSENABE

(Japanese Bouillabaisse)

**1 2-ounce package shiratake noodles (bean thread)**
**4 dried mushrooms**
**¼ head Chinese cabbage, coarsely chopped (2 cups)**
**6 ounces (2 cups) fresh spinach**
**4 ounces rock cod, cut in chunks**
**6 large shrimp in shells**
**1 cup shucked oysters**
**6 slices kamaboko (fish cake) (optional)**
**6 cherrystone clams in shells, washed**
**4 ounces tofu curd**
**4 whole green onions**

• • •

**½ envelope (1½ teaspoons) dashi mix**
**2 cups boiling water**

In separate bowls, soak shiratake noodles and mushrooms in water to cover for 15 minutes. Drain and set aside. Put cabbage in colander or deep-fry basket; plunge into boiling water and cook 3 minutes. Immediately plunge into cold water; cool. Drain. Repeat blanching procedure with spinach and rock cod. In large deep skillet, arrange all ingredients *except* dashi mix and water. Dissolve dashi mix in boiling water; pour over ingredients in pan (or use hot chicken broth). Cover and cook 10 minutes. Makes 4 to 6 servings.

### GOMA-AI

(Green Beans with Sesame Seed)

**4 teaspoons toasted black or regular sesame seed**
**1 tablespoon soy sauce**
**2 teaspoons sugar**
**1 teaspoon sake**
**1 pound fresh green beans, bias-cut**

Using mortar and pestle, thoroughly crush sesame seed. Blend in soy, sugar, and sake till mixture is a paste. Cook green beans in boiling salted water about 20 minutes, or just till tender. Drain. Toss beans with sesame mixture. Serve hot. Makes 6 servings. ■




ZESTY
CORN-CRISPED CHICKEN

**Make it the quick 'n easy Dip, Roll, Bake way using Kellogg's Corn Flake Crumbs and Kikkoman Soy Sauce.**

Have ready—3 lb. frying chicken pieces. Clean and pat dry.

**DIP** chicken in mixture of 1 egg beaten with ¼ cup KIKKOMAN* SOY SAUCE.

**ROLL** dipped chicken pieces in 1½ cups KELLOGG'S® CORN FLAKE CRUMBS. Place in single layer, skin side up, in well-greased or foil-lined shallow baking pan.

**BAKE** in oven at 350° F about 1 hour or until tender. Do not cover pan or turn chicken while baking. Serve with additional Soy Sauce, if desired.

**YIELD:** 6 servings




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*Reg. U.S. Pat. Off., Kikkoman International, Inc.

FAMILY FOOD IDEAS

begins on page 96

# Naturals for crafts

### Crocheted naturals

Below is a glossary of the abbreviations used throughout the instructions for the individual crochet projects. For how-to on any of the crochet stitches or techniques referred to, consult any basic crochet manual.

**Abbreviations**

ch .....chain
sl st.....slip stitch
st(s).....stitch(es)
sc .....single crochet
dc .....double crochet
rnd .....round (or row)

**Crocheted baskets.** These two baskets, one round and one oval, are worked in heavy-duty white cotton cord. The size and stiffness of your baskets will depend on the weight and resiliency of the cord you select. Sisal, macrame cord, and heavy-duty kitchen string are all appropriate materials for basket projects.

**Round basket** (measures approximately 9 inches in diameter x 6 inches high).

*Materials:* Approximately 75 yds. of 3-ply cotton cord (or material of your choice); size K crochet hook.

*Bottom of basket:* Ch 5; join with sl st to form ring. Ch 1 to begin second rnd. *Rnd 1:* Increase by working 2 sc in every st of base chain. *Rnd 2:* Repeat rnd 1. *Rnd 3:* Continue to sc, increasing with 2 sc in every other sc of preceding rnd. *Rnd 4:* Increase with 2 sc in every fourth sc of preceding rnd. *Rnd 5:* Increase with 2 sc in every sixth sc of preceding rnd. *Rnd 6:* Increase with 2 sc in every eighth sc of preceding rnd.

*Sides of basket: Rnd 1:* Ch 3 (counting as first dc), then dc around base, stitch for stitch. Join last dc to first dc with a sl st, then ch 3 for beginning of second rnd. *Rnds 2 and 3:* Continue to dc stitch for stitch in preceding rnds. *Rnd 4:* Increase by crocheting 2 dc in every eighth st of preceding rnd. *Rnd 5:* This will be first row of scalloped edging. There are 3 ch sts per scallop. After attaching last dc of preceding rnd with a sl st, ch 3; skip two sts of preceding rnd and attach chain to third st of preceding rnd with a sc. Do 3 more ch sts, skip 2 sts of preceding rnd, and attach ch to third st with a sc. Repeat scallop pattern around entire rim of basket. *Rnd 6:* Repeat rnd 5, joining each ch scallop from center top of one scallop on preceding rnd to center top of adjacent scallop. *Rnd 7:* Repeat rnd 6, end off cord, and weave in loose ends with crochet hook.

**Oval basket** (measures approximately 5½ inches high x 9 inches wide x 5½ inches deep).

*Materials:* Approximately 65 yards of 3-ply cotton cord (or material of your choice); size K crochet hook.

*Bottom of basket:* Ch 12. *Rnd 1:* Ch 2 for beginning of rnd, then sc to end of base chain. Ch 2 (to ease around curve at end of base chai then sc down other side of bt chain. Mark end of chain so y can count rounds. *Rnds 2, 3,* Continue to sc up and down bi chain, increasing with a ch st af every two sc sts at ends of bi chain (to ease curve). In all, thi should be four rows of sc on eitl side of base chain.

*Sides of basket: Rnd 1:* Ch 3 f beginning of dc row. Dc arou base, stitch for stitch. Join last of this rnd to first dc with a ch Ch 3 for beginning of second rı *Rnd 2:* Repeat dc pattern, but crease around curves at ends of t oval by crocheting two dc in eve third st around the curve. No crease around sides. *Rnd 3:* Eve sixth st, dc two sts in one dc preceding rnd. This will give slightly flared shape to basket. *R 4:* This will be the first row of cha scallops. To make scallop edgi follow instructions for rnds 5-7 sides of round basket given abo End off cord, and weave in loc ends with crochet hook.

**Crocheted patchwork rug:** O crocheted rug consists of 27 sin crocheted squares, 27 double c cheted squares, and 26 squares alternating rows of single and dc ble crochet. There are 80 patcl in all, each measuring approxima ly 12 inches square. The finished is slightly larger than 8x10 feet af scalloped edging is added to short ends of the rug.

Squares are arranged in a parq pattern to enhance texture and duce stretching.

*Materials:* Size J crochet hc (or size to obtain gauge); quant of natural, unbleached, 3-ply r jute. Amount of jute required depend on the size rug you want make and on how tightly you c chet. Work up a sample square a calculate your needs accordingly.

*Instructions:*

1. *Single crochet square:* W 16 rows of single crochet, stitches per row. Make 27 square

2. *Double crochet square:* W 8 rows of double crochet, 21 stitc per row. Make 27 squares.

3. *Single/double crochet squ* Work, alternating 6 rows of sin and 5 rows of double crochet, stitches per row. Make 26 square

*Note:* Because you are work with raw jute, the yarn will vary width and bulkiness, and he there might be slight differences the size of each square. Squares be stretched and blocked to unifc size before joining.

4. *To finish ends of squares:* the two end strings and, using chet hook, tuck ends under three four stitches. Tuck both ends un on same side of square (this will the wrong side of the rug).

5. *Stitching squares togeti* Squares are laid out in a parq pattern. Arrange squares in 10 r of 8 squares each, alternat among the 3 patterns (single, d ble, and single/double), and al nating the *direction* of each squ (see color photo, page 96, for tern arrangement).

Join squares together using cl stitch. To avoid numerous bu

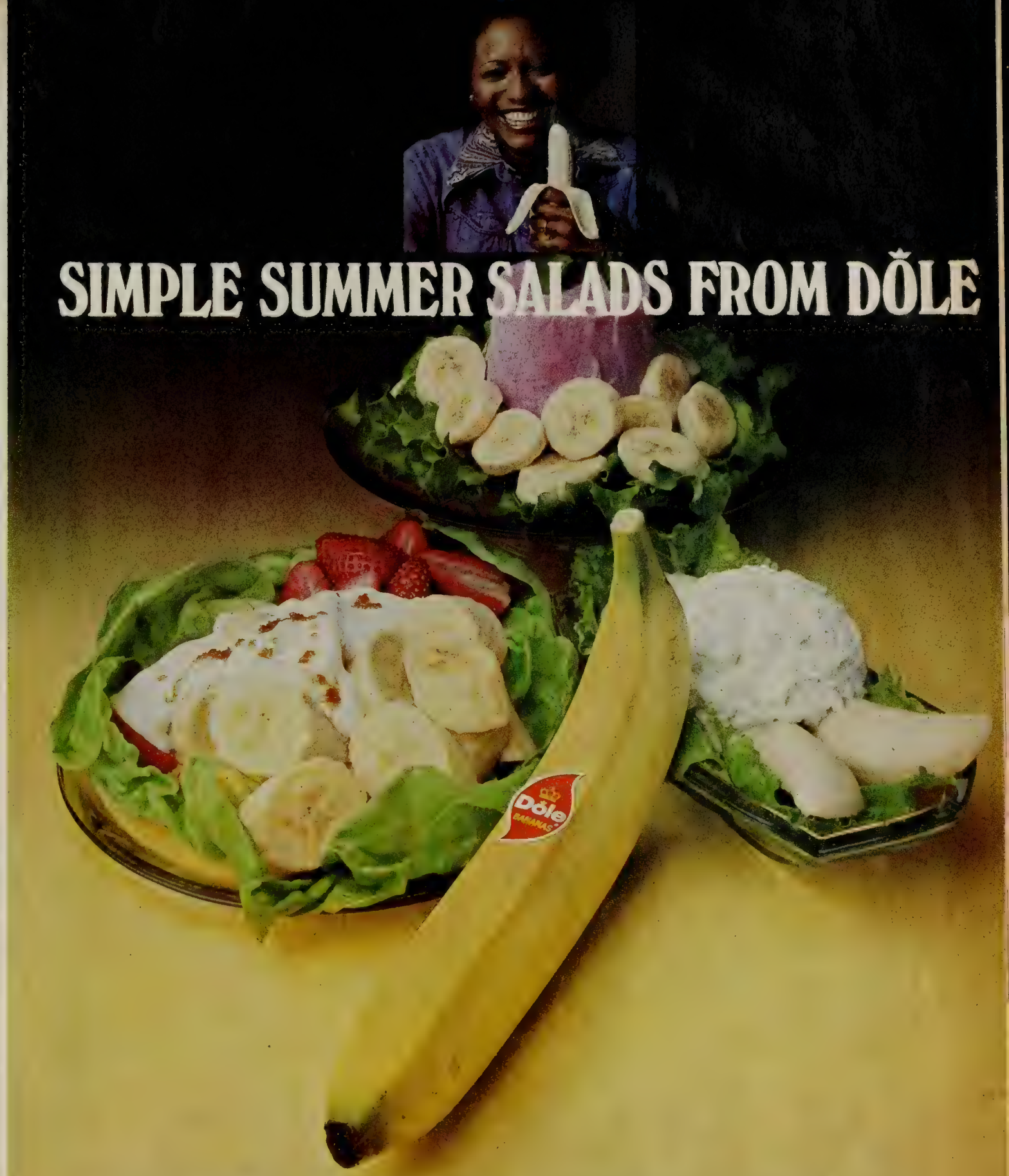
nds, join two squares to-
nd then, without cutting
ove on to the next two
Continue until you have
pairs of squares in a row.
arn and weave back into
xt, join a row of 8 more
to the original set of 8 pairs.
until all squares are joined
ally.
y, join squares along ver-
s. Clip yarns and use cro-
k to work loose ends back
wrong side of the rug.
*finish rug:* Circle the entire
a row of single crochet.
l another row of single cro-
one of the sides with eight

make scallop trim, sc
first stitch on the edge of

xt st is a dc, which will join
sc with the fourth stitch
order of rug. This fourth
ll be the center of the scal-
you will crochet 5 more
rochet stitches through this
ach scallop thus has a total
ble crochet stitches).
e sixth double crochet stitch
be joined by a chain stitch
eventh single crochet stitch
order.
t from *step a* to make scal-
ng one entire side of rug.
uld have about 28 scallops
side. Repeat procedure for
rim on opposite side of rug.
team-press finished rug.

**eted valance:** Our lacy jute
is simply an old crocheted
pattern worked on a giant
e used a size J crochet hook
y jute to achieve a scallop
s deep and 16 inches across.
ent with different weights
string, or jute, and with
sizes of crochet hooks to
lance that is in scale with
rticular needs. Instructions
basic edging pattern are
low.
*ctions:* Ch 17. *Row 1:* Dc 1
h ch from hook, dc 1 in
the next two chs, ch 3, skip
1 in the next ch, skip 1 ch,
k 3 dc cluster in next ch;
3 cluster in next ch, ch 2,
last ch. *Row 2:* Turn work
3, dc 2 in last 2 chs of pre-
w, ch 2, 3 dc cluster in next
ace, ch 2, 3 dc cluster in
ace, skip the next cluster,
the next dc, ch 3, dc 1 in
the next four dcs. *Row 3:*
rk over, ch 3, dc 1 in each
next 3 dcs, ch 3, dc 1 in
, 3 dc cluster in the next
ace, ch 2, 3 dc cluster in
ace, ch 2, 3 dc cluster in
en space, ch 2, dc 1 in third

each succeeding row as
d above, adding only an
of 2 and 3 dcs in each row.
h off edges as follows: *1st*
*dge:* 1 sc in first dc at top
h 5, 1 sc in dc above the
cluster, ch 5, 1 sc in space
he double cluster, ch 5, 1 sc
in 5 between each succeed-
er until you reach point of
Then sc 1 in point, ch 5,
etween next clusters, etc.
sc in each 5 ch.


You can slice a Dole banana to help turn cottage cheese, sour cream or yogurt into lively warm weather treats. Just garnish with strawberries or watercress or use your imagination for simple-to-create and simply sensational cool summer salads.

The Dŏle Banana. As a snack or in a salad it's a natural.

CASTLE & COOKE, INC.


## FAMILY FOOD IDEAS

**Quick-pointed naturals**

Our quick-pointed floor pillows are worked in 3 shades of 2-ply jute, using 2 strands of jute on #5 penelope canvas. Pillows measure 24 inches square. Study the color photo on page 96 for design details.

**Bargello pillow:**

*Materials:* 110 yds. each of dark brown, natural, and ecru 2-ply jute; ¾ yd. of #5 penelope canvas; large blunt needle; ¾ yd. heavy-duty fabric for backing; 24-inch pillow form.

**continued**





**Buying Guide**

For your convenience, we list names and addresses of manufacturers of most of the products pictured in each month's issue. This month, see page 74 for this shopping information.

continued

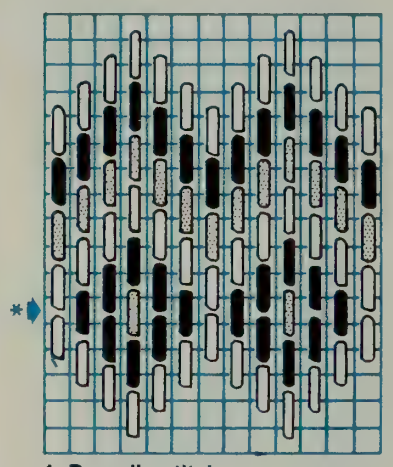
# Naturals for crafts

*Instructions:*

1. Cut a 27-inch square of canvas and bind edges with masking tape to prevent raveling.

2. Mark center horizontal and vertical axes of canvas. Stitches are worked from center of canvas out, to make sure the pattern repeats evenly.

3. Pillow is worked entirely in Bargello stitch; each stitch is taken over 2 pairs of threads on the canvas. First work a row of diamonds along the center horizontal axis of the canvas, then work rows of flame stitch Bargello above and below the row of diamonds, alternating among the 3 shades of jute. See Diagram 1, below:




**1. Bargello stitch**
(worked over two pairs of threads)
* center point of pattern (diamonds)
dark brown
natural
bleached (ecru)

4. When pillow top is completed, gently block canvas to 24 inches square, using steam iron and presser cloth on the wrong side of the work. Back the pillow top with a piece of canvas or suede cloth, insert a 24-inch pillow form, and slip-stitch fourth side closed.

**Checkerboard pattern pillow:**

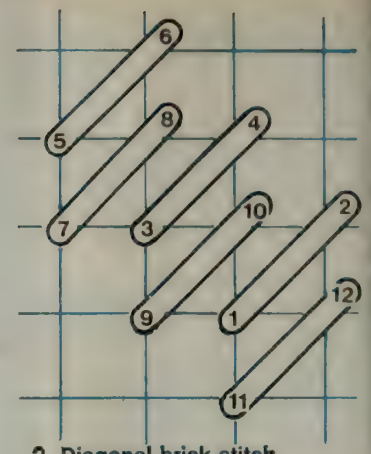
*Materials:* 75 yds. 2-ply ecru jute; 100 yds. dark brown; 150 yds. natural; ¾ yd. #5 penelope canvas; fabric for backing; 24-inch pillow form.

*Instructions:*

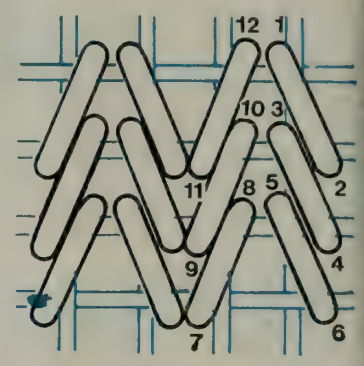
1. Cut a 27-inch square of canvas and bind edges with masking tape. Mark the center of the canvas with 9 squares (each square measures approximately 5¾ inches on a side). Work alternating squares in brick stitch (see Diagram 2) and Kalem stitch (see Diagram 3):

Brick stitch is worked in ecru jute, and Kalem stitch is worked in dark brown.

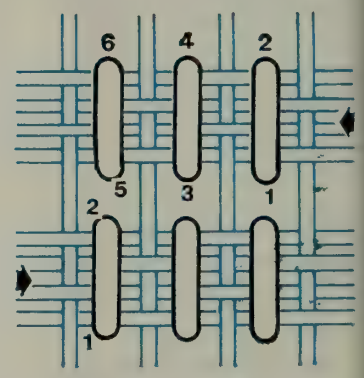
2. When interior squares are finished, work four rows of Gobelin (each stitch worked over four pairs of threads) to make a 3-inch-wide border of natural jute (see Diagram 4).




**2 Diagonal brick stitch**
(worked over two pairs of threads)




**3 Kalem stitch**
(worked over two pairs of threads)

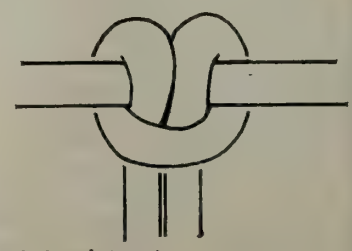



**4. Upright gobelin stitch**
(worked over four pairs of threads)

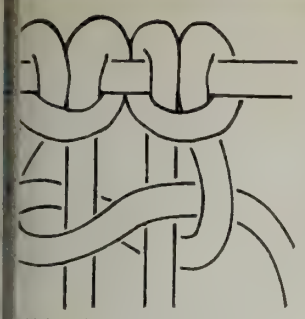
3. When pillow top is completed, gently block canvas to 24 inches square, using steam iron and presser cloth on wrong side of work. Back pillow top with a piece of canvas or suede cloth, insert a 24-inch pillow form, and slip-stitch fourth side closed.

**Macrame naturals**

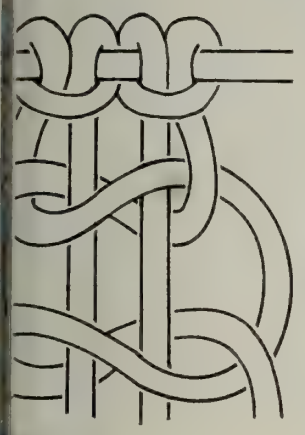
All three projects (headboard, hanging table, and hanging shelves) are relatively simple. However, the headboard is the most time-consuming of the three, and would best be undertaken by someone who is already familiar with macrame techniques. Refer to the glossary of macrame knots below as you follow the step-by-step instructions for each project.



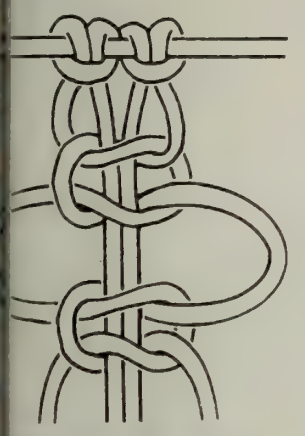
**1. Lark's head**



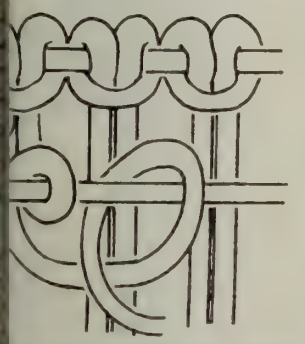
alf knot



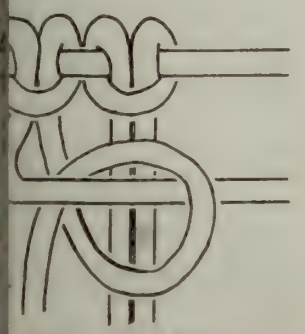
uare knot



quare knot with picot



ve hitch (double half hitch)



lf-Clove (half hitch)

ed on page 148


# How to keep a nice thick steak from losing too much weight.

Why would you use Adolph's® Natural Meat Tenderizer on an expensive T-bone steak?

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Duncan Hines

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↓ Gennie

**DUNCAN HINES**
**LEMON SUPREME POUND CAKE**
(Makes 12 to 16 servings)

1 package Duncan Hines Deluxe II Lemon Supreme Cake Mix
1 package lemon instant pudding mix (4 serving size)
½ cup Crisco Oil* 1 cup water 4 eggs

Preheat oven to 350°. Blend all ingredients in a large bowl; beat at medium speed for 2 minutes. Bake in a greased and floured 10-inch tube pan at 350° for 45-55 minutes, until center springs back when touched lightly. Cool right side up for about 25 minutes, then remove from pan.
GLAZE: Blend 1 cup confectioners sugar with *either* 2 tablespoons milk *or* 2 tablespoons lemon juice. Drizzle over cake.

***Be sure to use Crisco Oil as some other oils may cause the cake to fall.**

**Gennie knows it's Duncan Hines layer cake mix that makes her pound cakes so moist and delicious. Cut out our recipe for "your" pound cake!**

Try other pound cake recipes on Duncan Hines Deep Chocolate and Fudge Marble layer cake mix packages.



# NATIVE AMERICAN WILDLIFE



## WHERE TO SEE IT BEST

**By George Bush**

*Even the flightiest of creatures cease to be wildlife when they've been in a zoo for a while. Inevitably, their quivering sense of awareness and their fleetness diminish: they are no longer hunter and prey.*

*Not that zoos don't serve a good purpose. Primarily, they allow you to get close, something nature seldom permits. But to truly savor the wildlife essence, you must seek out animals on their home ground.*

*This can be as near as your own backyard, or a country field at dawn or dusk, or it can be one of the many, many wildlife preserves that exist all across America.*

### Oklahoma's wondrous Wichita Mountains

You'll think it's a mirage: what's left of the continent's oldest mountain range rises abruptly from the endless plains of southwestern Oklahoma. After 300 million years of erosion, the range is about 2,000 feet high, a string of hills strewn with tumbled boulders, its rugged slopes cloaked by scrub oak, jack pine, and red cedar. The valleys between these hills are lush with buffalo grass, so named because it was the American bison's favorite diet—and here is where you'll find our largest public herd (there are larger private herds) of wild buffalo, some 600 head in all.

But buffalo are by no means the only attraction of the Wichita Mountains National Wildlife Refuge. Its forests shelter 500 elk and about an equal number of white-tailed deer. There are prairie dogs, armadillos, raccoons, coyotes, gray foxes, and pack rats. Moreover, about 300 Texas longhorns roam the Refuge pastures. (These cattle are not exactly native, having been brought to the New World from Spain in 1521, but they went native after more profitable breeds replaced them on the ranches, and the leftover longhorns became quasi wildlife.)

This diversity of denizens and the fact that many of them are usually easy to see make Wichita Mountains probably the best of our "upland" wildlife preserves, i.e., refuges that harbor terrestrial animals rather than birds. One prairie dog town, right next to the road, is a favorite stopping place for families. Constant handouts have turned these ground squirrels into experienced beggars. Longhorn and buffalo are always grazing by the wayside, and sometimes block the highway that bisects the Refuge. Deer and elk grace the meadows at dusk. When rain threatens, the drop in barometric pressure seems to trigger something in tarantulas; then the saucer-sized but totally harmless arachnids clamber from their burrows where they might otherwise drown, and stalk aimlessly across the high country, looking lost, as indeed they are. To see armadillos, you must go exploring: they like the soft, leafy soil under the hardwoods that grow along creeks.

Unlike most wildlife refuges, Wichita Mountains runs an extensive program of naturalist-guided tours that usually take about three hours (free). In January, these tours concentrate on bald and golden eagles; in March, on waterfowl. In April and May, the emphasis is on "reptile walks," great for overcoming a fear of snakes. In July, there are creek-bottom hikes, and in September and October, elk "bugling" trips to parts of the Refuge generally not open to the public; usually the elk will respond to the ranger's phony elk bugle.













Photograph by George Bush

Wichita Mountains also is unusual in that provides camping facilities (small fee; no hoo up). To reach the Refuge, turn west on Ok homa-49 from the H. E. Bailey Turnpike th connects Oklahoma City with Wichita Fal Texas. Oklahoma-49 is somewhat north of La ton, Oklahoma. For more information, conta the Refuge at Box 448, Cache, Oklahoma 735

## THE BIRDS OF MONTEZUMA

You'd think that traffic roaring along a supe highway would scare off wildlife, but not so. T Governor Thomas E. Dewey Thruway (I-90) c right through the Montezuma National Wildl Refuge in western New York State, and th doesn't seem to bother the preserve's habitu one bit. Quite the contrary. Montezuma—ju north of the Finger Lakes near Seneca Falls— one of the busiest bird stops along the Atlan flyway, a haven for thousands of ducks as well geese that crowd right up against Refuge hea quarters in spring and fall and nearly deaf you with their honking.

Besides the migratory waterfowl, the Refu harbors more than 200 other bird species at o time or other in the course of the year. Its neste include such bird-watcher specials as re bellied and pileated woodpeckers, ruby-throat hummingbirds, scarlet tanagers, and blac capped chickadees. Herons, wood ducks, a Canada geese also make their homes here, a double-crested cormorants, as well as egrets a ibis, are among frequent visitors. You even ha a fair chance to see bald eagles and peregri falcons. There is no better birding area so ne the population centers of the Northeast.

Montezuma's 6,432 acres of marshes, swam woodlands, hardwood forests, and fields cu vated to provide forage also attract mamma Muskrats are so common that their populati has to be controlled by trapping lest they c plete the waterfowl's larder. Opossums, too, a abundant. White-tailed deer graze the fields late afternoon. Woodchucks often can be se along the dikes in summer. Get up early in t morning and you have a good chance to obser beavers at work.

The Refuge is open daily, dawn to dusk. At information booth at headquarters, maps a pamphlets are available to guide you on t walking trails, a three-miler and 1.4-miler; an five-mile drive, mostly on dike tops betwe swamps and ponds. There is also an observati tower where you can see nesting Canada gee without disturbing them. The two migrati peaks are early April and mid-October. Summ is the best time to see nesters and their broo and to look for songbirds.

To reach Montezuma, leave the Thruway Exit 41 and follow New York-318. Lodgings a restaurants are nearby in Seneca Falls. To fi out more about Montezuma, contact the Refu at RD 1, Box 232, Seneca Falls, New York 131

To see ducks and geese farther south on th annual migrations (arriving proportionately la in the season and leaving earlier) along the A lantic flyway, visit the Brigantine National Wildl Refuge on the New Jersey shore; Bombay Ho National Wildlife Refuge on the Delaware coa Blackwater National Wildlife Refuge on the ea ern shore of Maryland; Santee National Wild Refuge, on the Santee-Cooper lakes of So Carolina; and the J. N. "Ding" Darling Natio Wildlife Refuge on Sanibel Island on Florid Gulf Coast. At all these refuges you'll find ple of year-round resident birds.

## YELLOWSTONE

If there's ever a place where you can p your wildlife experience the way you select dish off a menu, it's Yellowstone National Park.

Any afternoon in Hayden Valley, along Yellowstone River between Yellowstone Cany and the Fishing Bridge, you're bound to s moose and trumpeter swans. Antelope play ea every morning on the buttes at Gardiner, Mo tana, the Park's North Entrance. Drive from th into the Park a couple of miles, and you c watch bighorn sheep clamber up the cliffs t flank the highway. Elk are likely to show up a where along the roads in the western part of Park, the side the geysers are on. Black b seem to favor the Sylvan Pass area of US-14/ between the East Entrance and Yellowsto Lake. Again on the Sylvan Pass Road, particul ly where it runs along Yellowstone Lake, m mots make their homes within a few feet of highway. Everywhere there are chipmunks a squirrels.

*Photos—(a) Rocky Mountain bighorn rams, mule deer and fawns, (c) white-tailed fawn, (d) elk, (e) cow moose, (f) bull moose*

Wildlife is so plentiful that it causes traffic ns: everybody wants to get a picture. This is at distinguishes Yellowstone Park. In most er places, animals stick to the backcountry ourist season. Here you don't even have to get t of your car.

Of course, off-season is better in Yellowstone, . For instance, you aren't likely to see buffalo til fall, when they leave their upland haunts for lower Geyser Basin and Hayden Valley. Then, winter, when you can get into the Park only Snowcoach or snowmobile, every animal that esn't hibernate seeks out the valley bottoms d keeps so busy scratching for sprouts un- the snow that it doesn't pay attention to peo- . You barely rate a look when you approach. In summer, you can camp or stay at any num- of lodges, which charge $6 to $27 a day for ubles. They're all open until Labor Day, then se down one by one as the season wears on. hen Yellowstone is snowed in, there's only one ce to overnight, the Snow Lodge, right next Old Faithful.

Round trips in the Snowcoaches, which are small buses on caterpillar treads, cost $32 m Gardiner, $21 from West Yellowstone, and 7 from Flagg Ranch at the South Entrance the Park just above Grand Teton National rk. A double in the Snow Lodge runs $16 a y, cafeteria-style meals range from $3 to $8. o- to seven-night tour packages, including owcoach excursions to different areas of the rk, are also offered. For information on the rk and its facilities, contact the Yellowstone rk Company, Yellowstone National Park, oming 82190.

## OLYMPIC NATIONAL PARK

When Washington's Olympic Peninsula was nsidered as a park site 50 years ago, the t name proposed was "Elk National Park," this is the habitat of the wapiti, the "Roosevelt ," the largest of the species. Somewhere tween 3,000 and 5,000 of these regal animals am the forests and glades of the Peninsula, urishing in its benign climate.

In summer, the elk are generally not easy to d because most disperse in the glaciered gh country around Mt. Olympus. But come tumn, when snow begins to fall up there, they grate down to the rain forests along the coast. en one of their favorite hangouts is the all but serted Hoh Campground, on the north fork of Hoh River, about 19 miles in from US-101.

But the famous wapiti is just one of the deni- ns of Olympic Park. With ecological zones nging all the way from maritime to alpine, the rk embraces the greatest wildlife variety of y of our nature preserves. There are whales d black bears, sea lions and black-tailed deer, arfish and mountain goats, cougars and harbor als. Winter is the best time to view most of wildlife.

In February and March, gray whales migrate rthward along the Peninsula, often approach- within 50 feet of shore. That's also the time at seals colonize in bunches close to shore, ile in summer they scatter and look for sus- nance farther out.

Whales, as well as seals and occasional sea ns, may be observed along US-101 north of eets. Short trails descend to the water's edge m several parking areas on the stretch. Better is to walk the fairly level Nine-Mile Tri- gle Trail (watch for tides when you walk the posed beach stretch) that starts from the ette Ranger Station at the northwestern corner the Park. Be sure to bring rain gear and bino- lars. Ozette is somewhat out of the way, so u'll probably want to tent there overnight, al- ough there is no bona fide campground.

Another elusive creature that's readily seen winter is the mountain goat (photo on opening ge), which, like the elk, retreats from its high unts as the snow advances. Since you can nerally drive the Hurricane Ridge Road (from rk headquarters at Port Angeles) up to where u run into snow, you and the goats are bound meet. Look for them scrambling on the cliffs at rise from the three tunnels this road goes ough. From November to June, you can also serve mountain goats in the lower Elwha Val- on the roadside rock outcrops. The goats e white, so they're easy to spot.

Many of Olympic's animals also can be found summer, but you've got to go looking for them. r instance, the elk herd that winters on the h River spends its summers in the Seven kes Basin. It's an eight-mile hike up, with an











*otos—(g) bison with calf, (h) coyote, (i) black- ed prairie dog, (j) black bear cub, (k) Alaskan own bear sow and cubs*

Photographs by Leonard Lee Rue Enterprises









Photographs by Bill Crawford, Irene Yates, George Bush, R. C. Furstenau

*Photos—(a) saltwater tropical fish, (b) pelicans, (c) alligator, (d) trumpeter swans and cygnet*

altitude difference of about 2,000 feet; a family can make it quite easily in a day, but you wouldn't want to try a round trip. At least one overnight is recommended. Bring a camp stove; no open fires are permitted.

If you're lucky, you also may encounter summer elk in the glades along the gravel road that parallels the Queets River; this rarely traveled road forks off US-101 at the southwestern corner of the Park. To find out where wildlife has been sighted recently, check with Park rangers and Park naturalists on the spot. For advance information, write to Park Headquarters, Port Angeles, Washington 98326. Lodgings and restaurants may be found year-round in the little lumber towns that ring the Olympic Peninsula.

## WILDLIFE OF THE DEEP

Only at Pennekamp Reef State Park, near Key Largo, Florida, can anyone—and not just scuba divers—get a close look at ocean fish in their natural habitat. A snorkel boat leaves the Park's shore station daily at 10 a.m. and 2 p.m. for the protected side of this living coral reef, so there are no breakers to battle. Lots of youngsters, including grade schoolers, come along for the adventure.

Once you get the hang of breathing through the snorkel, you simply float on your tummy and watch what goes on beneath. Often you can see more than 100 feet down, deep into the valleys of the reef. Even on "bad" days the visibility extends at least 30 feet, enough to take in the colorful detail of the coral formations, the sea fans, anemones, and sponges. And you'll see tropical fish by the hundreds: angelfish, parrot fish, blue chromis, rock beauties, yellowtail snappers.

Cost of the trip, including equipment, is $10.50 per person, but on the morning boat, Monday through Friday, you get a price break: adults pay regular fare; children 18 and under go for half. Rental of an underwater camera runs $10 ($300 deposit or credit card security is required).

Second best, if you can't swim at all, is to take the glass-bottom boat, which leaves at 9 a.m., 12 noon, and 3 p.m. daily for 2½-hour tours ($5; ages 3 to 12, $2.50). Reservations are recommended for the snorkel boat and the glass-bottom boat. Contact Coral Reef Park Company, Box 13-M, Key Largo, Florida 33037.

## POGO'S OLD HAUNT

For the most wildlife in one place in the continental United States today, head for Okefenokee Swamp, southeastern Georgia's 700-square-mile wilderness showcase, most of which lies within the Okefenokee National Wildlife Refuge.

Other areas may shelter a wider range of species (the Olympic Peninsula, for instance), enable you to see big upland game with ease (Yellowstone Park and Wichita Mountains), or let you get close to waterfowl in fall and spring (the migratory bird refuges along the flyways), but at Okefenokee you can see most of its creatures almost any day of the year.

Alligators prowl the Swamp's waterways a ponds. Pogo's prototype, the Florida opossu frequents the Swamp's edge and shows around campsites after dark to compete for l overs with regiments of raccoons. Small whi tailed deer forage on the high ground. Bla bears are abundant in the thickets, and ev bobcats are not rare. Water moccasins drow on lily pads. And there are always birds: egre great blue herons, anhingas, wood ibis, and wh ibis; they all nest in this verdant world.

But observing Okefenokee's wildlife often ta a sharp and experienced eye. Out of the tan of vegetation that floats on the Swamp, a th sand unseen animals can be watching you. shadow in the water turns out, on closer exa nation, to be a turtle, but unless you're fo warned, you may not spot it. That knotty log j beneath the surface is really an alligator's sno What looks like a bump on a leaf reveals it as the tiniest green frog.

The best place to familiarize yourself with creatures of the Swamp, and to learn how recognize them in the wild, is Okefenok Swamp Park, a nonprofit educational and sig seeing preserve at the northern tip of the Swa about 13 miles south of Waycross, Georgia, US-1 and Georgia-177. Exhibits and taped le tures explain the origins of the Swamp and ecosystem. Ingeniously glassed-in auditoriu allow you to observe deer and bear in their n ural surroundings, and there is a fine serpe tarium. Half-hour boat excursions are includ in the $3 admission fee (children $2). More tensive two-hour, ten-mile trips are schedu three times a day at an additional $3 char Better yet is to go with an old swamper on private daylong tour ($50 for a couple).

Boat excursions ($3 to $12, depending length) and individually guided tours are a offered at the Suwannee Canal Recreation Ar on the east side of the Swamp, about 50 mi south of Waycross near Folkston. If you're int ested in bird-watching, it's this part of the Swa that you'll want to visit, because it contains m of the rookeries.

It's also here that you must start off for Ok fenokee's greatest wildlife adventure—explori the Swamp by canoe. As you glide silen through Cypress jungles and marsh gra prairies, be aware of every little sound: rustling in the marsh grass, the grumblings frogs, the cries of birds, the chirps of insec And you'll be almost on top of the wildlife befo you're noticed. The trails are so well marked th it's nearly impossible to get lost, and along the are platforms for camping.

Canoes are for rent by the day ($3.50), a for trips of up to six days (at $6 per day). F overnights, you must apply well in advance the Okefenokee National Wildlife Refuge, B 117, Waycross, Georgia 31501.

Stephen C. Foster State Park, on the we side of the Swamp, is the only place in Okefen kee where you can overnight unless you're cano ing the interior. This park, about 65 miles fro I-75 via Georgia-94 through Fargo, Georg occupies an island that is rich in mammali wildlife.

The Park's campground, visited every evenin by a deer herd, charges $3 a night. Excelle housekeeping cottages, sleeping up to eight, a also available ($14 for a couple plus $2 for ea additional adult, $1 per child). You can buy od and ends at the small commissary, and stock u on basic groceries before you arrive. Stephe Foster State Park also offers half-hour bo excursions ($3; children $1.50), and rents cano by the day ($1 per hour, $5 for eight hours).

To find out more, contact Okefenokee Swam Park at Waycross, Georgia 31501; they can al advise you about local accommodations. T reserve a canoe at Suwannee Canal Recreati Area, contact the concessionaire at Route Folkston, Georgia 31537. To reserve cabins Stephen Foster State Park, write the Park Fargo, Georgia 31631.

## MIGRANTS BY THE MILLIONS

For the most waterfowl you are ever likely see at one time, visit the Tule Lake Nation Wildlife Refuge, in northernmost Californ around mid-November. Ducks and geese stop d here in such multitudes on their way south th the air vibrates with the beating of their wing when they are flushed into flight; the sky tur into tapestry, an almost solid weave of bird with only a little blue showing. Most beautif of all are the snow geese as their startling whi speckles the hazy mountains.

At the peak of the autumn migration, the bi population at the Refuge builds up to more the

**continued**



1.

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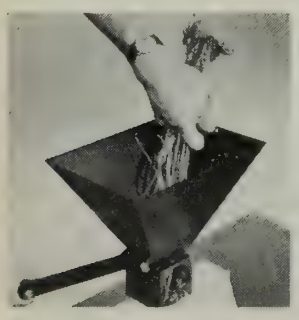
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continued

# AMERICAN WILDLIFE

one and a half million, including snow, white-fronted, and Canada geese, whistling swans, most varieties of ducks, and virtually the world's total population of Ross' geese. The birds stay until the weather turns so cold that the lakes, ponds, and marshes of the Klamath Basin ice over. They return again in spring, between March and May, although not in quite such huge concentrations.

But while the migrations are the big spectacles here, you won't be disappointed in other seasons. Canada geese nest at Tule Lake; their eggs begin to hatch in April. In late spring and summer, the Refuge is full of nesting birds and their young: great and snowy egrets, white pelicans, avocets, phalaropes, black-necked stilts. In midwinter, bald eagles and golden eagles perch on the ice.

You can explore the Refuge by car or on foot. There are dirt roads on dike tops. A map for a self-guided tour is available at Refuge headquarters.

Isolation is one reason why it's so easy to see birds here. They are rarely disturbed. Formidable peaks, including Mount Shasta, rise on all sides of the Klamath Basin, and the closest place of any size (just large enough for a tranquil airport) is Klamath Falls, Oregon, 25 miles north of Tulelake.

To see the same birds more conveniently, you can go to the Sacramento National Wildlife Refuge, some 200 miles farther south on the flyway. There aren't quite so many birds down there, for by then they are more dispersed, but at peak time there can still be more than a million. Of course, this peak comes later, in December, and by February most of the waterfowl have flown north again. Still, this refuge remains active through spring and summer with coots, pied-billed grebes, pelicans, herons, avocets, black terns, mourning doves, egrets, hawks, owls, and ring-necked pheasants.

If you live in the Pacific Northwest and want to see migratory birds, the Malheur National Wildlife Refuge, near Burns in east-central Oregon, is more accessible. Here the waterfowl peak out in late October. Come in June and you can see nesting sandhill cranes, a rare variety. Trumpeter swans are also among Malheur's honored residents: they feel so at home, they swim around in a pool at Refuge headquarters.

For specific information, contact Tule Lake Wildlife Refuge at Route 1, Box 74, Tulelake, California 96134; Sacramento Wildlife Refuge at Route 1, Box 311, Willows, California 95988; and Malheur at Box 112, Burns, Oregon 97720.

## THE BALD EAGLES' BIG BANQUET

Nobody has yet figured out exactly where they come from, but once each year, around the second week of November, about 200 to 350 bald eagles and golden eagles congregate along Lower McDonald Creek on the western boundary of Glacier National Park, Montana. The purpose of their get-together, which results in the biggest eagle concentration known, is to feed on the landlocked kokanee salm coming up from Flathead Lake spawn and die. You can watch t eagles from two bridges.

Eagles prefer to keep their d tance, so chances are slim th you'll see one dive for salmon rig in front of you. But so long as th fly they feel invincible, and they soar low above you, and perch trees all along the creek, w within range of binoculars a telephoto lenses. The best tim for observation are early morni and late afternoon. Extra hea clothing is mandatory.

No accommodations are ava able in Glacier Park at eag watching time. The closest lod ings and good restaurants are Whitefish, Montana about 30 mil west. To make sure the eagles a on schedule, contact the park West Glacier, Montana 59936.

## CHINCOTEAGUE'S WILD PONIES

Actually, they live on Assateagu Island, which is separated by a na row channel from Chincoteagu Virginia, on the Delmarva Pen sula's coast. But every year on th last Wednesday in July (this yea the 28th), the ponies are rounde up on the Chincoteague Nation Wildlife Refuge. Then, with lots whoopin' and hollerin', they a herded across the channel Chincoteague Island, where th colts are auctioned off on the fo lowing day, as part of the rustic b rousing Chincoteague Volunte Firemen's Carnival. On Friday, th ponies swim back to Assateagu The purpose of the event is maintain the herd at about 200.

The Chincoteague ponies d scended from a few mustangs th managed to get to shore from sinking Spanish ship in the ear 1600s. Somehow they adapted the coastal salt marshes and b came "naturalized." For inform tion on the annual swim and/ how to see the ponies on Ass teague, contact Chincoteagu Chamber of Commerce, Box 25 Chincoteague, Virginia 23336.

## HERE ARE MORE OUTSTANDING PLACES FOR WILDLIFE VIEWING:

**Alligators**—*Everglades Nationa Park,* Florida.
**Antelope**—*Hart Mountain Nationa Antelope Refuge,* near I-95 south-central Oregon.
**Bear**—*Glacier National Park,* northwestern Montana.
**Bighorn sheep**—*Kofa Game Rang* and *Cabeza Prieta National Wild life Refuge,* both in southwest Ar zona. Best for viewing bighorns close range is the *Lava Beds Na tional Monument* in northern Cali fornia, which borders Tule Lak National Wildlife Refuge. Here whole mountainside has bee fenced off for sheep brought fro the Rockies to see if they coul acclimatize. Due to disease, th transplant has not been altogethe successful, but the herd is no maintaining itself at about 30 hea The sheep often come quite clos to the road. Just be patient an wait *inside* your car.
**Buffalo**—*National Bison Range* north of Missoula, Montana; an *Custer State Park,* south of Rapi City, South Dakota.
**Elk**—*National Elk Refuge,* Jack son Hole, Wyoming. Thousands o

**continued on page 146**

## NNING MOSQUITO R

ing, biting mosquitoes can e best-laid summer plans. ately, there are some ef- control measures.

, be sure you're not con- g to the mosquito popula- owth by providing breed- as around your home.

r is essential for breed- squitoes, so police your ularly and empty water ons. Check for backed- troughs, clogged drains, flowerpots, toy wagons ve turned into little pools. have a birdbath, change er once a week.

ct more mosquitoes a r two after a heavy rain. f this new crop will hide grass and foliage so keep ell clipped.

all mosquitoes that visit atio, deck, or lawn are ed on your own lot or even immediate neighborhood. ore, it's often necessary to emical controls to your gn for summer comfort.

### ES OF ELLENTS

personal protection, select ct repellent that you apply to your skin or clothing. between liquids in bot- pressurized cans; some ized products produce a like foam.

utdoor parties and family ethers, it may be more al and pleasant to treat re area with mosquito re- . For this job, you need a e spray that kills insects 0 feet, and repels them for hours after application.

bs and flower beds sur- ng the house can be mist- o. for extra protection.

important point to re- er: Spray *prior* to the par- er after the food is out and have arrived.

portable, compressed-air sprayer is another great n in the battle against itoes. Select an insecticide ly designed for mosquito l, and apply it according to rections on the container.

### AYING TIPS

best to spray in the early ng or at dusk. Avoid spray- heat of the day, or on days.

n spraying plants, give just a light coating; don't to the point of runoff.

d at least two feet away he area to be sprayed, and spray in a sweeping motion.

### SAFETY POINTS

- Read directions *every* time you use an insecticide. Follow directions *exactly*.
- Look for the arrow on push button of pressurized can; make sure it points away from you.
- Never spray near fire. Never smoke while spraying.
- Don't let children or pets into the spray area until the spray is completely dry.
- Don't throw a pressurized can into fire. Don't puncture can.
- Always store insecticides out of reach of children and pets. ■


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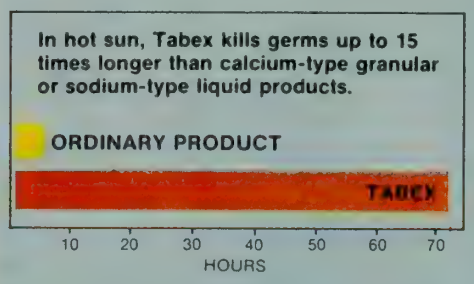


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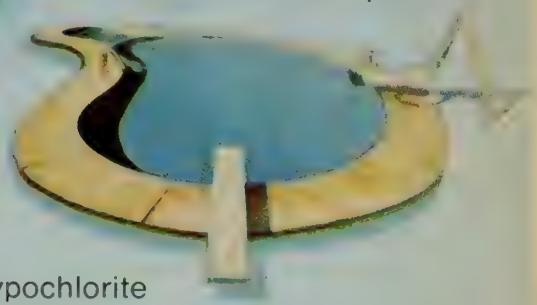
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# TRAVEL WEST

**Barbara Humeston, Regional Travel Editor**

An insider's guide to family vacations for readers who live in metropolitan areas of the Far West

## The other side of Grand Canyon



*Dramas of light, color, and shadow play on an ancient canyon stage*

Just about everything that's been said about the Grand Canyon qualifies as understatement. A Texas cowboy is credited with the classic among recorded comments. After staring at the carnival-colored abyss below, he remarked, "My God! Something has happened here!"

But appreciating just what has happened isn't easy, and experiencing this eternal temple is something most visitors never forget, whether they spend only a few too-brief moments at one of the overlooks or take a wild and woolly two-week voyage down the Colorado River. Naturally, there are plenty of experiences in between, and one of the best is a visit to the Canyon's cooler, quieter North Rim.

### Getting there

Though only 15 air miles separate the North and South Rims, these two developed portions of Grand Canyon National Park are much farther apart in terms of accessibility. The North Rim lies 217 miles from South Rim Village and 166 miles from St. George, Utah, main link in a journey from Las Vegas or Zion National Park in Nevada.

Why drive all those extra miles? First, because the North Rim has far less traffic, thanks to seasonal operation (usually mid-May to mid-October) and an out-of-the-way location. And second, because the North Rim's altitude (7,800 to 8,800 feet, compared to 7,000-foot heights along the South Rim) puts it into a different life zone—complete with cool, green ponderosa pine forests, stands of aspen, dozens of small sparkling lakes, and flower-spattered meadows.

### Where to begin

You can start your North Rim excursion by making the 22-mile drive (there's also bus service every afternoon for $3.25; children $1.65) from North Rim Lodge to Cape Royal on the Walhalla Plateau. A park service naturalist lectures there, and from your open amphitheater seat you can see the River about a mile below. The view includes Unkar Rapids, one of the River's major white water episodes (known to Colorado boatmen as "the dreaded Unkar"). But from your vantage point, there's no sign of its awesome thrashing.

Another fine get-acquainted experience that's unique to the North Rim is Widforss Trail, an easy ten-mile hike that rambles through pines and meadows paralleling the brink of the Canyon.

### River trek

For many, a Canyon trip is incomplete without an excursion down to the River. This trek takes you through life zones corresponding to a trip from the Canadian border to Mexico, as well as layer after century-laden layer of geologic time. If you're a strong hiker, it's an experience you shouldn't miss—be prepared to invest three days.

The Kaibab Trail descends 5,840 feet in 14.2 miles to the River at Phantom Ranch. There are three campgrounds to pick from—advance reservations required. It's a good idea to bring your own food, since provisions are limited and a trifle expensive at the North Rim store.

The climb back up, of course, is the hard part. One popular way to cut it down to size is to arrange for a car at the South Rim and hike across the Canyon (there's a suspension bridge at Phantom Ranch) and up the Bright Angel Trail. This grade is slightly steeper, but Bright Angel Trail is much shorter (7.7 miles) and the ascent to the south is 1,400 feet less than to the north.

Naturally, you can make up your own day hike. Rule of thumb is divide your time into thirds—one-third down trail and two-thirds up. If you're not in shape for hiking, there are day-long mule-back excursions down the Kaibab Trail. You also can make arrangements at the Lodge for horseback trail rides ($8.50 for a half-day).

### When to go

Late spring—around the first of June—is the best time for a visit. Heavy winter snows will be gone, and the wildflower display is generally at its best. Spring—or fall—also is best for hiking across the Canyon. Summer temperatures in the gorge regularly hit the hundreds.

North Rim accommodations range from hotel facilities at the North Rim Lodge to campgrounds. Rates at the Lodge are $15.50 double for a budget cabin to $22 double for a deluxe Lodge suite. Advance reservations are a must. Write Reservations Department, TWA Services, Inc., P.O. Box 400, Cedar City, Utah 84720 (phone 801/586-9476). For campground reservations and information, contact Merle Stitt, Superintendent, Grand Canyon National Park, Arizona 86023.

# turn to
# d Sacramento



*d Sacramento visitors center*

ver 125 years ago, a mad of prospectors almost over- t turned the Sacramento r in California into a bustling way to the gold fields. To mmodate the influx, John er, Jr., laid out the town's streets along the broad Riv- and Sutter's Sacramento kly became a boomtown.

ld Sacramento has survived l, fire, and the skid-row t of the Great Depression, is now experiencing a sec- more controlled "boom." h the help of federal, state, l, and private funds, this old on of the city is well on its to looking as it might have in the 1850s. This summer good time for your family to what's already been done.

### Afternoon in the past

he six-block area of Old Sac- ento (between I-5 on the east the Sacramento River on the ) can be explored in a leisure- fternoon. Rustic brick and d storefronts have been stakingly restored down to d-lettered signs and brass rknobs. Behind brightly ted exteriors are intriguing que emporiums, restaurants, iques, and crafts shops with sual buys. Gas lamps line rdwalks, and a motorized ey begins carrying visitors ughout the area this summer. t last count, there were well r 100 small businesses and ps in Old Sacramento, offer- everything from apple-head s to rare antiques. The Fanny n Saloon on Second Street is a y drinking parlor cluttered n an amazing collection of norabilia, artwork, and junk. the street, you can indulge r sweet tooth at Calico Confections, a delightful old-timey ice cream and candy store, or drop by Daval and Chatburn Daguerreans to have your whole family photographed in colorful old-fashioned costumes.

### Yesteryear attractions

In the Old Sacramento State Historical Park, you'll see major projects like the B. F. Hastings Building at Second and J Streets. The ground floor houses a communication museum and vintage 1850s Wells Fargo Bank actually open for business. Upstairs is a re-creation of the State Supreme Court chambers as they looked over 120 years ago.

The Old Eagle Theater, a replica of California's first theater building, has been rebuilt on its original site and presents plays, melodramas, and historical programs reminiscent of the 1850s.

Perhaps the most ambitious undertaking is the Park's multi-building railroad museum on Front Street along the River. It eventually will display one of the largest collections of railroad memorabilia in the country. By late June, the museum's first phase, a reconstruction of an old Central Pacific passenger station, will be open to the public.

State Park exhibits are open daily, and admission is charged (though prices hadn't been set when we went to press).

Several good restaurants also add to Old Sacramento's charm. D. O. Mills on K Street, China Camp on Front Street, and the Firehouse Restaurant on Second Street all offer original atmosphere and good food. Fulton's on the corner of Second and I Streets is built below street level with a unique view of brick walls and vaulted archways originally constructed to raise Old Sacramento above flood level.

To orient yourself, stop at the visitors information center in the Morse Building on the corner of Second and K Streets (open daily from 9 a.m. to 5 p.m.). Visitors this summer can take part in two major celebrations: a Memorial Day Dixieland Jazz Jubilee (May 28 through 31), and a special Bicentennial-Independence Day celebration and parade the July 4th weekend. For more information, contact Edwin Astone, Project Manager, Old Sacramento, 1027 Second Street, Sacramento, California 95814. ■

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## Let's get organized!

Running a house—from long-range planning to plotting daily meals—calls for "executive" management. A well-organized filing system is a must. Here are some pointers to help you set up your own system.

### Recipes

With rising food costs, you're most likely clipping more recipes and menu plans. Perhaps you keep a chart of plentiful foods so you can shop wisely. Do you belong to a recipe exchange club or a gourmet group? Do you keep favorite family recipes in a special place for easy reference? There's a better way to organize these prized clippings than storing them in a kitchen drawer.

One possibility is a ring-bound recipe clipping book with pocket envelopes. Most books are divided into logical sections: salads, main dishes, cakes and pies, desserts, beverages.

Or, organize a recipe box with your own classifications. To cope with special diet problems, you might want to categorize recipes —low-salt, low-calorie, low-cholesterol.

If you're an enthusiastic cook with a large repertoire, one of the new colorful plastic or metal cabinets might fit your needs. These units are modular and could easily squeeze into a pantry or utility closet in the kitchen. Stack the units and you gain an extra counter top. An inexpensive bookshelf will put cook books at your fingertips when you're planning menus, dinner parties, and grocery lists.

### Use-and-care booklets

Misplaced instruction books or lost guarantee papers can cost you a bundle of money. If they are hidden in a bottom drawer, thrown away, or crumpled at the bottom of your "junk" drawer, they're of no help to you when you need them. Expensive service calls could be avoided if the use-and-care book is handy for reference when equipment breaks down or you need a part.

If possible, keep the booklet near the appliance. If this is not feasible, organize an appliance file in large envelopes. On the outside, list the date you bought the appliance, the name of the use-and-care booklet, service dealers in your area, and the guarantee expiration date. You'll also want to keep a record of maintenance care and service calls.

### Laundry

What do you do when you find an ink stain on your daughter's school blouse? At what temperature do you wash that special sweater? What kinds of garments can be washed together? These are only a few of the questions that might confront you at laundry time.

Tack a bulletin board above your washer and dryer for essential information. It should include a stain removal chart and the use-and-care booklet for your washer and dryer.

### Sewing

Do most of your patterns end up in the back of a closet with scraps of material? You'd be a more organized seamstress if you had a filing system that would hold patterns in an expandable desk folder. Check office supply stores for a cardboard storage cabinet like the ones businesses use for temporary files. Store the pattern and a swatch of the material used to make each garment. Then when it's time to match a blouse to the skirt you made two months ago, you can take the sample to the fabric store for a color match.

### Miscellaneous

To complete your household organization you also might want to purchase a small metal file drawer available at most department or grocery stores. The drawers come with manila folders that you can label yourself. You might devote a series of them to such items as tax forms or department store receipts.

If you clip newspaper or magazine articles on a variety of subjects, set up a three-ring binder. Make envelopes or sturdy paper dividers with these overlines: needlecraft, decorating ideas, gardening, pet care, travel, and mail order blanks.

### Safety deposit boxes

For those important legal papers such as passports, birth certificates, marriage license, insurance forms, stock certificates, etc., it's a good idea to invest in a safety deposit box. Be sure to keep the keys in a predetermined location where all users have access to them when needed. ■

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# GREEN PEPPERS—HOT AND COLD



Photographs: Scott





## SHRIMP-STUFFED PEPPERS

*A natural for your next buffet supper—*

**6 medium green peppers**
**2 cups diced cooked shrimp**
**2 cups cooked rice**
**1 cup mayonnaise or salad dressing**
**2 tablespoons chopped onion**
**Dash bottled hot pepper sauce**
**1 8-ounce can (1 cup) tomato sauce**

Cut off tops of green peppers; remove seeds and membrane. Precook the whole peppers in boiling salted water 5 minutes; drain. Combine next 4 ingredients. Add hot pepper sauce, and salt and pepper to taste. Fill peppers. Place upright in 10x6x2-inch baking dish. Pour tomato sauce around peppers. Bake in 350° oven for 30 minutes. Spoon sauce over peppers just before serving. Garnish each with a whole shrimp, if desired. Makes 6 servings.

## GARDEN PEPPER BOATS

*They look and taste as fresh as a garden—*

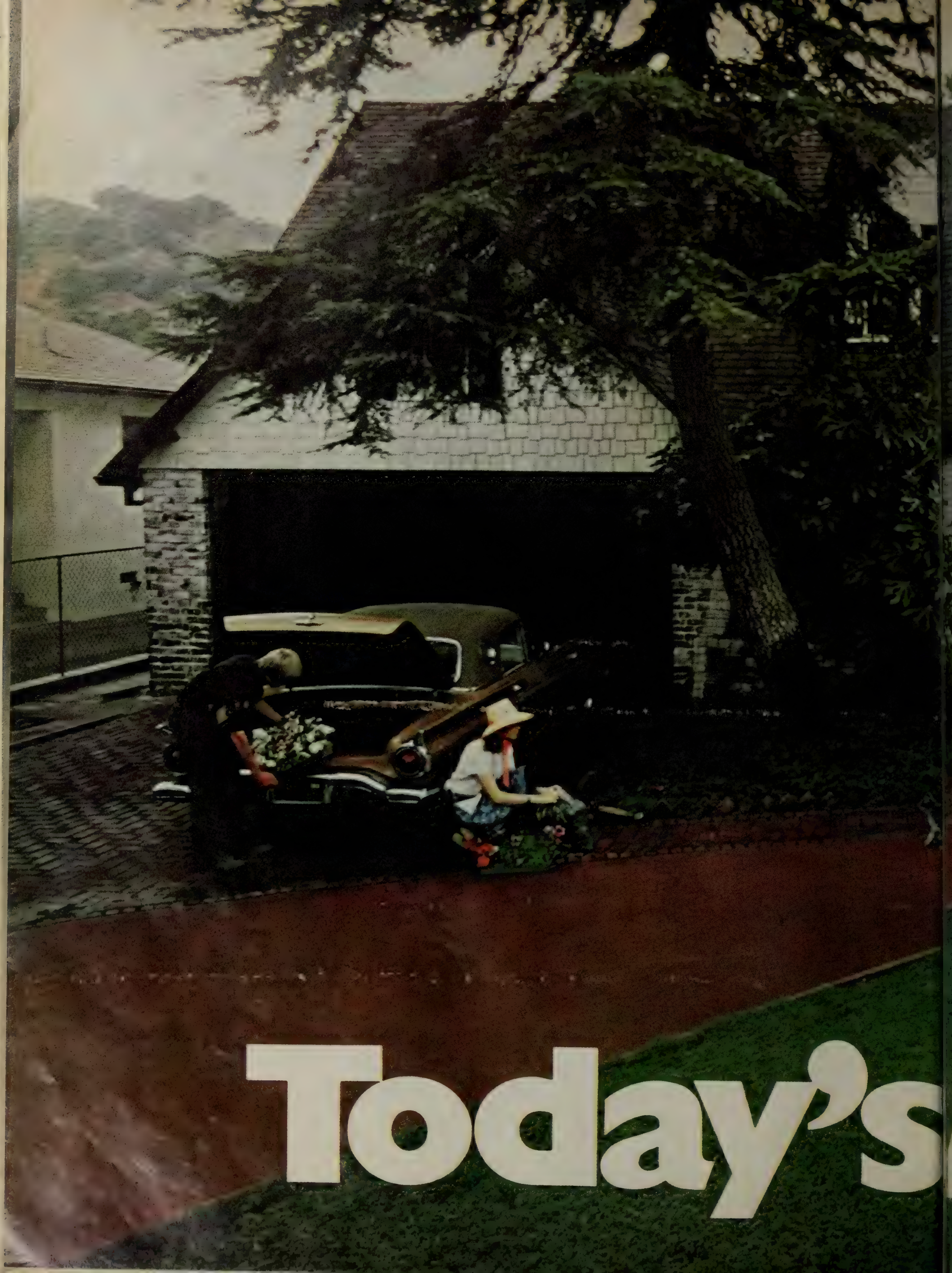
**3 medium green peppers**
**¼ cup chopped onion**
**2 tablespoons butter or margarine**
**½ cup cooked baby limas**
**½ cup canned or cooked cut corn**
**1 medium tomato, chopped (about ¾ cup)**
**½ cup soft bread crumbs**
**1 tablespoon butter or margarine**

Cut peppers in half lengthwise; remove seeds and membrane. Precook in boiling salted water 5 minutes; drain. Sprinkle inside of peppers with salt. Cook onion in 2 tablespoons butter or margarine till tender. Add beans, corn, and tomato; mix well. Fill peppers; place in 10x6x2-inch baking dish. Combine bread crumbs and the 1 tablespoon butter; sprinkle over top of filling. Bake in 350° oven for 30 minutes. Makes 6 servings.

## TUNA SALAD IN PEPPER CUPS

**5 medium green peppers**
**1 cup shredded carrot**
**1 cup sliced celery**
**2 tablespoons chopped onion**
**1 6½- or 7-ounce can tuna, drained and flaked**
**½ cup mayonnaise or salad dressing**
**2 tablespoons sugar**
**2 tablespoons vinegar**
**1 tablespoon prepared mustard**
**¼ teaspoon salt**

Cut peppers in half lengthwise. Remove seeds and membrane. Precook in boiling salted water 5 minutes; drain and chill. Combine carrot, celery, onion, and tuna. Mix remaining ingredients for dressing; pour over tuna mixture and toss lightly. Chill. To serve, sprinkle inside of peppers with a little salt. Spoon filling into peppers. Serve on lettuce. Makes 5 servings. ■


Today's

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# Supper sandwiches

**SMOKY HAM SANDWICHES**
*An easy, yet elegant entrée—*

- **1 10-ounce package frozen broccoli in cheese sauce**
- **3 slices whole wheat bread, toasted and buttered**
- **1 3-ounce package thinly sliced smoked ham**
- **3 tomato slices**
- **2 tablespoons toasted slivered almonds**

Prepare broccoli according to package directions; keep
Top each piece of toa
about 3 slices of ham
tomato slice. Broil 4 inch
heat for 2 to 3 minutes.
broccoli over tomato
sprinkle with almonds. M
sandwiches.



Photogra

**SUNDAY EVENING STACI**
**Mayonnaise or salad dressi**

- **8 hamburger buns, split ar toasted**
- **1 beaten egg**
- **¾ cup soft bread crumbs (1 slice bread)**
- **½ teaspoon salt**
- **1 pound ground beef**
- **5 eggs**
- **¼ cup milk**
- **¼ teaspoon salt**
- **2 tablespoons butter or margarine**
- **8 slices (8 ounces) sharp process American chees**
- **8 lettuce leaves**
- **1 avocado, pared, seeded, cut in 8 slices**

Spread mayonnaise on c
faces of buns; set aside. I
combine the 1 egg, the c
and the ½ teaspoon sal
ground beef; mix well.
meat mixture in 8 thin
4½ to 5 inches in diamete
3 to 4 inches from heat,
minutes on each side. Mea
beat together the remainin
milk, and the remaining
skillet, scramble eggs in bu
margarine just till set.
cheese atop burgers; ret
broiler for about 1 minute
cheese. Place lettuce and
topped patty on bottom
buns; top with spoonful
and avocado slice. Cove
bun top. Makes 8 servings







THE BEST THING TO HAPPEN TO CHOCOLATE SINCE ALMONDS.

Close your eyes and imagine the flavor of a chocolate almond bar. Now sip new Hiram Walker Swiss Chocolate Almond. You'll find the similarity uncanny. (Not to mention very delicious!)

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# nning a ner party

is or simple, a dinner e days represents a siz- stment. By laying the rk in advance, you can re a successful evening, can enjoy along with ts.These suggestions can r planning easier:

y your menu. Even the ant dinner can be based le menu. Just remember isn't necessarily better; an complicate preparing ing the meal. Plan to a few things, but make something special.

ate salad if it poses a Salads are good with oasts, casseroles, and but other main dishes , duck, ham, and roast just as good comple- ith cooked fruits.

e your menu. If you are heavy main course, start er with something light nsommé sprinkled with a tangy cheese soufflé. ain course is light, make ssert more substantial. rs d'oeuvres to a mini- uests can appreciate the action.

quality, not quantity. If t to have steak without your budget, just serve -sized individual por- en dress up the platter ishes of sautéed mush- cherry tomatoes, and ole onions.

st textures, flavors, and When your main course amy cheese sauce, avoid either the cheese flavor ooth texture. Eye appeal ant, too. If you are serv- , your accompanying s should not be too light

don't repeat the same foods. If you are serving pineapple, let that be fruit in your menu. Even king methods should be oo many fried or boiled the same menu become ous. Study your menu . A selection of your fa- ecipes doesn't always well-balanced menu.

do as much as possible ce. When guests arrive, nt to be with them, not the kitchen.

he use of your range. are a delight with roast t not if you only have . A last-minute discovery overs need a 450° oven ur roast is cooking at he kind of problem you don't need, so map your strategy in detail. Making a written time- table can help you remember all the last minute things.

• Consider how you will be serv- ing. Using a knife and fork can be difficult for a guest who's balanc- ing a plate on his lap, and even a delicate patty shell under your cream lobster can be a problem to cut for someone standing up.

• Smile. It's the rare party that doesn't have at least one mishap. Expect it and train yourself to stay calm. If your soufflé flops, substitute whatever you have ready as a first course and remem- ber to keep smiling. ■


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Instant milk isn't a bargain if your family won't drink it. But Milkman has a delicious bit of cream added so it tastes better than instant milk ever did before. So your family will drink it. Milkman Low-Fat Instant Milk.



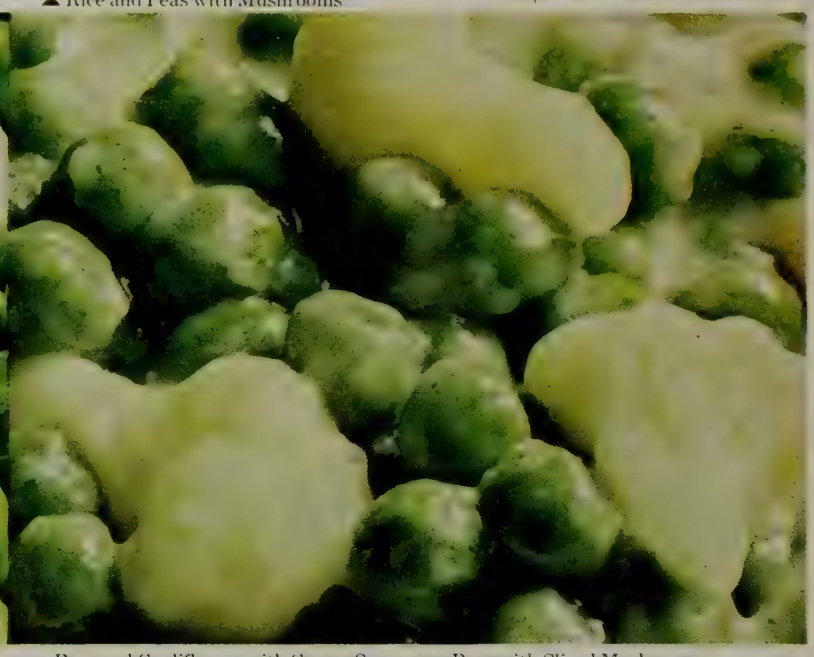
▲ Peas and Potatoes with Cream Sauce



▲ Rice and Peas with Mushrooms



▲ Peas and Pearl Onions ▼ Mixed Vegetables with Onion Sauce



▲ Peas and Cauliflower with Cream Sauce ▼ Peas with Sliced Mushrooms






# Birds Eye® peas will do almost anything to get your husband's attention.

Poor little peas.

They're the favorite vegetable of a lot of husbands, but they're not the sort of vegetable that causes a lot of excitement at dinner.

That's why Birds Eye® put peas with Pearl Onions. Peas with Mushrooms, and Peas with Cream Sauce. They're more delicious than plain peas. And more interesting. Try Birds Eye Combinations. Your husband can't help but notice.




**Birds Eye® Combinations.**
**The first vegetables your husband might even notice.**

Above photographs are approx. 2 times actual size.

# PERFEC GRILLE CHICKE

Chances are, thrifty has carved a place for your barbecue grill. To safe and savory summe it's important to handle properly both on and off Follow these tips for the grilled chicken ever:

## Get it ready fo the grill

Warm summer weath careless handling of u chicken can quickly ad disaster. The danger is sa la, bacteria which can be on poultry and can cause sickness if eaten. The sal is killed when the chicken erly cooked; however, danger that live bacteria transferred to uncooke being prepared at the sa To avoid this cross-con tion, cut up chicken on surface, then wash the k cutting board with hot, so ter before you use thes utensils to prepare othe Be sure to wash your han Keep the cleaned chicke erated till ready to coo never return cooked chi the same platter used to to the grill.

## Get the coals just right

It's important to let th burn to an ash gray color night, to a red glow. That ally takes 45 minutes, b can speed things up consi by using an electric c starter (coals should be r 15 minutes). Spread the h evenly, spacing one or two between coals, in an area larger than the food to be c Let the coals burn to a sl and you are ready to begi ing the bird.

## Grill to a golden t

Place broiler-fryer quarters, or pieces, skin s on the grate. Most of the c should be done with the bo down so the skin doesn't or burn. Brush with oil or butter or margarine. Br minutes to 1¼ hours, t once and brushing with y vorite barbecue sauce as p nears doneness. Most sauc tain sugar and will burn so, depending on swe brush them on only duri five to 15 minutes. Chicken or quarters are done wh twists easily in the socket. are fork tender when d



Emilio Nunez, Master Chef at Jean Leon's *Holiday* Award Winning La Scala Restaurant, Beverly Hills, California. Model 30-6266 shown.

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**...oes this new ...fe & Merritt compare ...ther ranges you've ...**

... everything I ask of it. ...m not saying this ...or any other will turn ...cook into a great one.

But if you can't cook on this one, you can't cook. The oven is a good size – 25 inches – and the temperature is true in the front, back, top and bottom. So foods bake or cook evenly all over.

**Does it have all the features you want?**

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**Do you like the idea of no pilot light?**

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**Is it easy to clean?**

At work, clean-ups are never a problem. Someone else does it. But at home, I appreciate the continuous cleaning oven and especially the Lift 'N Lock Top. It's well designed from the cleaning standpoint, too.

**Is $369 a good value?**

Frankly, I'd have guessed higher, because I've used more expensive ranges that didn't cook as well. But, if you have this quality for that price, who's to argue?

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## ghum cialties

y call molasses south of on-Dixon line is more an not really sorghum It's made by grinding ing the juice from sweet stalks, then boiling juice. While it looks like e molasses and can be same way, sorghum has all its own. You'll see ı try this sassy barbecue d satisfying bread.



Photographs: Dieter

**M BRAN BREAD**

*ices of this moist bread with a pot of homemade ans—*

**hole bran cereal**
**uttermilk**
**isins**
**rghum**
**cked brown sugar**
**poons cooking oil**
**ll-purpose flour**
**ons baking soda**
**oon salt**

n in buttermilk. Cover ith a little boiling water; 10 minutes. Drain. Com- hum, brown sugar, cook- nd raisins. Thoroughly her flour, baking soda, Add bran mixture and mixture; stir till thor- ombined. Turn into 2 nd floured 7½x3½x2- pans. Bake in 350° oven minutes. Makes 2 loaves.



**TION SPARERIBS**

*use the sauce to baste ats, too—*

**rghum**
**epared mustard**
**egar**
**poons worcestershire**
**on bottled hot pepper**
**½ teaspoon salt**
**4 pounds pork spareribs**

In small saucepan, blend sorghum into mustard; stir in remaining ingredients except ribs. Heat to boiling. Place ribs, meaty side down, in shallow roasting pan. Roast in 450° oven for 30 minutes. Remove meat from oven; drain off excess fat. Turn ribs meaty side up. Lower oven temperature to 350°; continue roasting for 1 hour or till tender. During last 30 minutes of roasting, baste frequently with sauce. To serve, garnish with parsley and candied kumquats, if desired. Makes 6 to 8 servings.


# Invite The DeKuypers over for tennis next week. They mix so well.

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DeKuyper BLACKBERRY FLAVORED BRANDY

**Tall Margarita**
1½ oz. Triple Sec
1½ oz. Tequila
Fill with lemonade in tall glass.

**Big Bertha**
1½ oz. Blackberry Flavored Brandy, ginger ale over ice in 8-oz. glass.

**Black and Blue**
1½ oz. Blackberry Flavored Brandy. Club soda and ice. Serve in "rock" glass with wedge of lemon.

**Blackberry Fruit Cup**
1½ oz. Blackberry Flavored Brandy. Orange juice over ice in 8-oz. glass with twist of lemon.

**Big Apple**
2 oz. Triple Sec
Serve with apple juice in tall glass over ice. Garnish with a wedge of lime.

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(Departure City)

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|---|---|---|
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**Domestic air fare from Chicago to New York subject to summer supplement during June, July and August.*

*Prices subject to change.*

*Better Homes and Gardens acts as agent for W.T.I. Group Tours on this program.*

# Box blocks

A store, a fort, a playhouse, or a podium—the building possibilities for this modular play system are limited only by a child's imagination. And when your youngster is older and the boxes no longer hold his interest, you can turn them into a storage un for books, records, and toys. B perhaps the neatest feature of th system is that the individu pieces can be separated and r arranged in a matter of minute The flexibility is remarkable.



It all starts with the three pieces shown in the foreground—a board, a spacer, and a four-sided box. The box's double shelf holds boards securely; the spacer lets junior builders change directions of shelves or stack the boxes either upright or on their sides. This system includes eight boxes, four boards, and four shims—enough for both the structures shown here—but you can tackle more ambitious configurations simply by adding more pieces.



Photographs: Hedrich-Blessing. Designer: Mike McIntyre

Make the pieces from 1x10-inch lumber ripped to nine inches wide. You can alter the dimensions, but be sure to make the inside measurements of the boxes —top to bottom as well as side to side—the same as the widths of the boards. Assemble with glue and sand thoroughly, taking care to round all edges, then treat with a clear paste wax finish. Or if you prefer, add a coat or two of mar-resistant epoxy paint for color and durability.

# Tall storage



Designer: Kerr-Oberbeck, A.I.D.
Source: Lois Rea
Photograph: David Jordan
Owner: Dr. and Mrs. Everett Lerwick

Two doors sharing a corner usually results in wasted space. To fill it, this family chose a flexible storage unit. They bought it from the same company that made their wall and base cabinets, so it blends smoothly with the rest of the kitchen. Favorite soup tureens and tall teapots are attractively displayed on upper shelves; wine bottles are housed in two racks of matching wood.



Designer:
Source: J
Photograph: Hugh Stratford
Owner: Mr. and Mrs. Roy O. Hansen

A ver ustable shelves provides floor-to-ceiling st l kitchen items. The flexible shelves accon vens, a rack of potlids, and electrical appli trainers hang from hooks in the upper part ck side of the unit, just off the back entry, has hooks for children's coats and scarves.


# Give sandwiches a zesty taste!

Best Foods® Sandwich Spred adds a lively, tangy taste to just about any sandwich you make! That's because Sandwich Spred is made with Best Foods® Mayonnaise, choice relish, and a unique combination of spices. Sandwich Spred. The easy, convenient way to make your good sandwiches taste even better!

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# If you can't stand the heat, get out of the kitchen.



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brazier or smoker. Big Boys are
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# Tips to make sewing easier

If you're just beginning to sew clothes for yourself and your family, or if you haven't sewed with some of the newer fabrics, these tips can help get you started:

**1.** Patronize reputable stores. Shop at discount or factory outlets only if you know fabric well, and examine all fabric carefully for flaws.

**2.** Choose interfacing, lining, thread, etc., at the same time you buy the fabric to be sure they are compatible.

**3.** If you're a beginner, keep in mind that mistakes can be more easily camouflaged on a patterned fabric than on a solid one.

**4.** Preshrink washable fabric, zippers, and all trimmings by washing and drying.

**5.** Always cut on the grain as pattern indicates with arrows. Pin on the grain.

**6.** If fabric has nap, cut pieces in one direction.

**7.** To give stability to certain areas of fabric, attach preshrunk underlining with fusibles.

**8.** Always stay-stitch where pattern recommends to keep the fabric from stretching out of shape.

**9.** On plaid fabric use seams as seldom as possible. Place the seams on the fold line instead.

**10.** To mark knit or bulky fabrics use tailor's tacks. Pins, chalk, or a tracing wheel may be used on other fabrics.

**11.** Always make a test seam to check the machine tension. Threads should look the same on both top and bottom.

**12.** To prevent puckering, generally loosen tension on top and bottom. On lightweight fabrics use a light presser foot tension and smaller stitches.

**13.** Hems and stand-up collars of soft materials should be interfaced so they will not form sharp peaks.

**14.** Press seams during construction of the garment.

**15.** Use paper between the seam allowance and fabric when pressing seam open.

**16.** Always press darts toward the center in back and front. Darts at the bustline should be pressed down.

**17.** To make a dart lie flat, sew another seam on the point of the dart ⅛ inch from edge.

**18.** Cut away corners of interfacing for a sharper point.

**19.** Clip or notch curves before turning.

**20.** On bulky fabric, trim inner seams in layers to make the fold lie smoothly.

**21.** Overcast or bind seams which have a tendency to ravel.

**22.** When gathering, use at le
two seams. Pull bobbin thre

**23.** Make sure gathers ha
with the lengthwise grain.

**24.** When hemming, sti
loosely rather than tightly
avoid a puckered look.

**25.** Use fusibles for hems wh
stitches are likely to show. Sin
knits especially benefit from t
use of fusibles for hemlines a
tacking down facings.

**26.** When pressing creases
slacks, steam and then ho
wooden block on crease to ho
steam in fabric.

**27.** On loosely woven fabri
put extra interfacing behind
buttonholes.

**28.** Always cut buttonho
loops on the bias.

**29.** Choose buttons with shan
so the buttons will rest on t
surface of the buttonholes.

**30.** Use a buttonhole twist f
topstitching.

### Permanent press sewing tips

**31.** Choose a pattern with sir
ple lines. Do not select a patte
with a long seam or straight gra
because the seam will pucker.

**32.** Do not choose patter
showing pressed-down pleats.

**33.** If the fabric you pick is n
iron, be sure all trimmings ar
bindings are, too.

**34.** If fabric has a permane
crease on the fold line that can
be steamed out, refold fabric an
cut around the crease.

**35.** For permanent press
fabrics containing synthetic
bers, use polyester or nylo
thread, or a thread with a poly
ester core.

**36.** Use 12 to 15 stitches pe
inch on permanent press fabric.

**37.** Since seams which ar
pressed with steam tend to b
permanent, do not press alterin
seams until the garment fits.

**38.** Under-stitch the facin
(topstitch along seam with facin
laid flat), especially on permanen
press, knit, or bulky fabrics.

### Care tips

**1.** Remove any trims that ar
not washable before launderin

**2.** Pretreat spots, stains, an
heavily soiled areas.

**3.** Tumble-dry permanent pres
and synthetic fiber fabrics.

**4.** Do not overload washer o
dryer.

**5.** Always hang garments a
soon as they are removed fron
the dryer.

**6.** To remove wrinkles from
slightly mussed permanent press
or knit articles, tumble them a
few minutes in the dryer. ■


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- ¼ teaspoon *each* ground cumin, coriander, and salt.

Brown beef in medium skillet, stirring until crumbly. Drain. Stir in remaining ingredients. Simmer uncovered, 10 minutes or until desired consistency. Makes filling for 12 taco shells.




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# Night table, bed tray, and storage~ all in one

You know the frustrations of bed trays—they're wobbly and unpredictable, and once you're all set, you can't move for fear of spilling that cup of hot coffee. You're probably also familiar with the "ups and downs" of reading in bed—you finally get comfortable and then find you need something on the other side of the room.

One Vermont couple solved all these problems and more with a built-in night table/storage unit which has a movable extending slab that serves as a bed tray. This unit, which spans the wall behind their beds, has a place for everything they need for reading, writing, snacking, or sewing while sitting in bed—and everything is within arm's reach.

The stationary night table in the center houses all the necessary electrical outlets plus a few surprising extras. These include a telephone, an intercom phone, a light dimmer switch, and an electric switch to open and close the drapes on the opposite side of the room *(shown in mirror below left)*. The shelves holding the phones and lamp protrude slightly for convenience.

The headboards, made of plywood and upholstered on both sides in white vinyl, are hinged to the all-in-one unit at the bottom only. This leaves the headboards free to drop forward for access to a small storage compartment —ideal for keeping an extra pillow or blanket handy.

The night tables at either side of the twin beds are secured to the main unit only at the bottom shelf. The top unit, composed of two shelves, is connected on one side by mortised butt hinges (like the ones on your home's interior doors); the unit swings closer to (or over) the bed. Positioning the extending slab at an angle alongside the bed puts books, reading glasses, a light snack, sewing equipment, or other needs within easy reach.

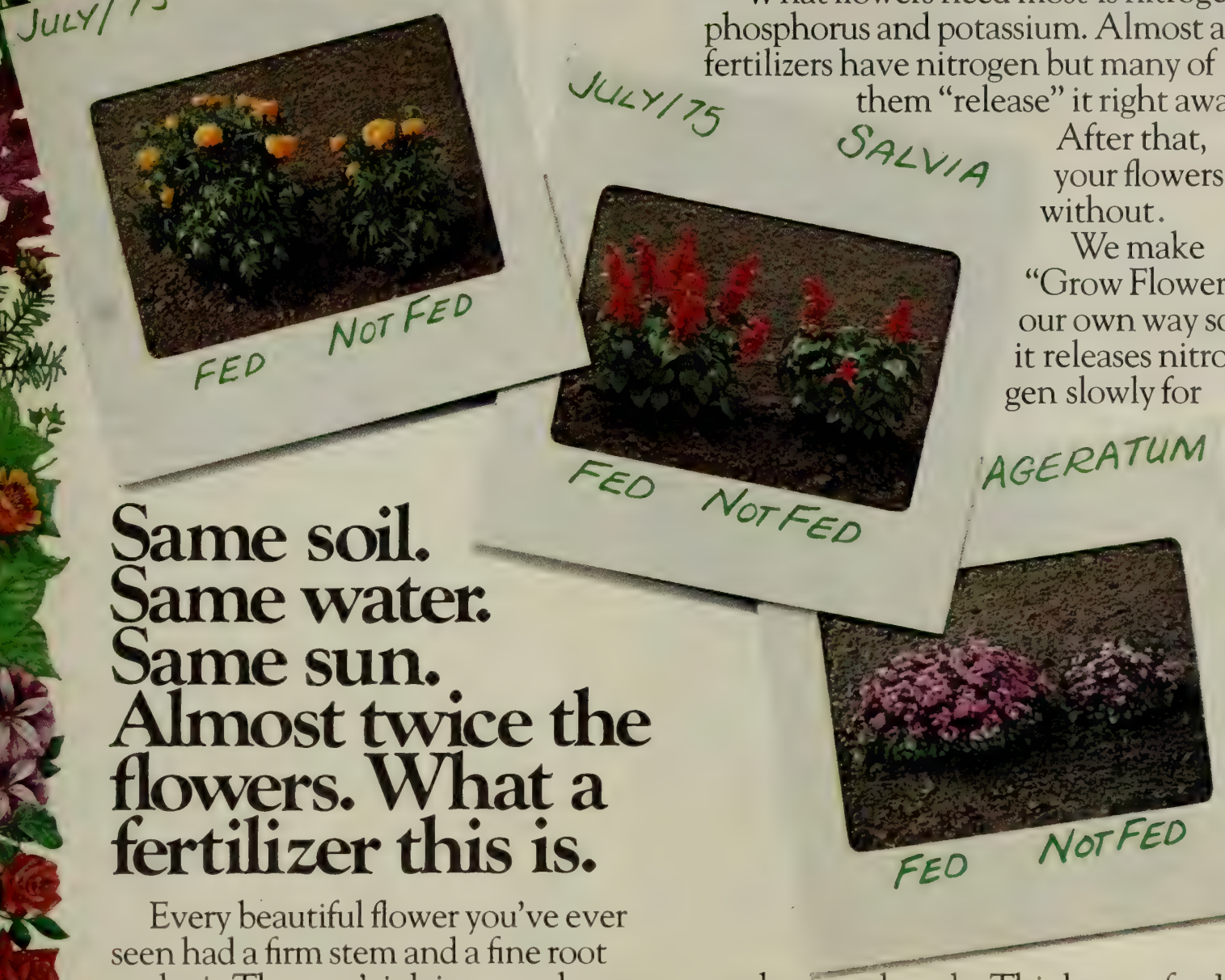
A matching piece of carpet is set in the wall behind the swinging unit. The carpet serves a dual purpose; it muffles the noise when the unit is swung back into place, and it gives the area a finished appearance.

The slab extending from the swinging unit can be brought around at a right angle to the length of the bed by pulling forward on the wooden grip on the edge *(below)*. At this angle, the slab is at a perfect height for eating, writing, reading, or sewing.





Photographs: Maris/Semel. Architect: Lawrence T. Hess. Source: Nephele Domencich




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We make a fertilizer for flowers here at Scotts in Marysville, Ohio, and we just call it Grow Flowers. You use it on all flowers, seeds, seedlings and full-grown perennials.

Scotts new fertilizers for flowers, shrubs, trees and transplants.

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We make "Grow Flowers" our own way so it releases nitrogen slowly for weeks and weeks. This longer feeding makes the stems strong and gives you more blooms and bright colors. Food helps put color in roses' cheeks just like people's.

As you can see from these boxes, we also have a few other ideas for your garden just as simple as "Grow Flowers."

If the name makes it all sound easier then you're used to, maybe it's because plain talk is all we use in this town.






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continued from page 144

# AMERICAN WILDLIFE

elk winter here, and sleigh tours take you right into their midst.

**Key deer**—*National Key Deer Refuge,* on Big Pine Key, Florida.

**Moose**—*Glacier National Park,* Montana. You'll find moose here mostly in the swampy flats where Going-to-the-Sun Highway parallels Lake McDonald.

**Nesting birds**—*Bear River Migratory Bird Refuge,* west of Brigham City, Utah. Nesting population includes western grebes that carry their young around on their backs. *J. Clark Salyer National Wildlife Refuge,* in north-central North Dakota, is the most extensive of several interesting bird refuges within 50 miles of Minot (all are easily reached from US-2). Here, in the prairie potholes—sumps left by the retreating glaciers of the last Ice Age—you'll find nesting sandhill cranes, buntings, longspurs, pelicans, and rare varieties of sparrows, as well as grebes, shorebirds, and even a cormorant colony. In Florida's *Everglades National Park* special boat tours to shorebird rookeries on nearby islets leave Everglades City off the Tamiami Trail east of Naples late every afternoon provided enough passengers sign up. The world's only surviving colony of whooping cranes winters at the *Aransas National Wildlife Refuge,* on San Antonio Bay north of Corpus Christi, Texas. Boat tours to their feeding area are offered four times a week. The best time to come is late November to April.

**Pacific salmon**—*Tehama-Colusa Fish Facility,* off I-95 near Red Bluff, California. During the fall salmon run you can watch them leap up a fish ladder into benevolent captivity, see them preparing their nests and spawning in especially constructed channels. Peak period falls somewhere between mid-October and mid-December.

**Sea otters**—*in coves along California's Big Sur coast.* A couple of sociable sea otters also show up occasionally in the boat basin of Fisherman's Wharf in Monterey, California.

For a complete list of the Department of Interior's nearly 400 migratory bird refuges, big game refuges, national game refuges, and national wildlife ranges, write to Fish and Wildlife Service, Washington, D.C. 20240. With that list in hand, you can then request information on specific refuges along your vacation route.

## NATIONAL AUDUBON SANCTUARIES

Only two wood stork rookeries of any size still exist in the United States. One of them is in the Corkscrew Swamp Sanctuary of the National Audubon Society, about 35 miles southeast of Fort Myers, Florida, off Florida-82. Unlike the Society's nearly 40 other wildlife reserves, this one includes a boardwalk set aside specifically for public viewing and is the only one that charges admission ($1.50; under 12, free). It's open daily 9 a.m. to 5 p.m. except Thanksgiving, Christmas, and New Year's.

Several other Audubon Sanctuaries, however, have nature centers you can visit, with train uralists to explain the envir to you. The sanctuaries w ture centers are at Rich Bay, just north of San Fra near Greenwich and Sharor necticut; and near Dayton. For information on Audubor tuaries, write the Miles V Sanctuary, West Cornwall Sharon, Connecticut 06069.

## PRESERVES OF NATURE CONSERVANCY

Some 600 plots of land, r in size from one acre to s thousand, are managed from to coast by The Nature Co ancy, a nongovernmental sci and educational organizatior cated to the protection of t vironment. There are no v centers, no exhibits, and no g tours, and you must phone before you come.

The preserves include D Den, off Connecticut-53, no Weston, Connecticut (phone 226-4991), where you can scc deer, river otters, red fox, we and many other small mam Another is the Northern Cali Coastal Range Preserve, a acre refuge for black-tailed black bear, bobcat, and ring-cat. Even mountain lions been seen here at higher tions. The Preserve is abou miles north of San Francisc tween Westport and Brans (phone 707/984-7143).

You can order a directory preserves for $5 from The N Conservancy, 1800 North Street, Arlington, Virginia 2 The same office will give yc formation on how to join worthwhile organization.

## WILDLIFE TOUR AND CAMPS

Several nonprofit organiza sponsor trips into areas v wildlife abounds. There are t pack hikes, horseback pack canoe and raft expeditions, guided bus tours. Trips ran duration from three days to weeks or longer. Costs depen the services offered: from a $25 a day for hikes to about for more elaborate adventure

To find out about these sp journeys, contact the Wilder Society Tour Department, East Evans, Denver, Colo 80222; the National Wildlife eration, 1412 Sixteenth St N.W., Washington, D.C. 20036 National Audubon Society, Inte tional Ecology Workshops/T Harwinton, Connecticut 06790 the Sierra Club, 530 Bush St San Francisco, California 9410

The National Wildlife Federa (see address above) also cond a series of six-day "Conserva Summits" in the Blue Ridge M tains, the Adirondacks, and Rockies every summer. These clude seminars on bird-watch nature photography, wildlife e ogy, and outdoor living. Tu and lodging (and most meals) cost from $431 to $636 for a ily with two children.

In addition, the National Au bon Society operates adult s camps in several locations, s as Hog Island, off the Maine co Information on these may be tained from Audubon Educa Services, 950 Third Avenue, York, New York 10022. ■

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When you leave London, you will travel by comfortable motorcoach through the countryside to Edinburgh and stay in the most scenic and interesting towns along the way. As you drive to Shakespeare country, you will see the university town of Oxford and Blenheim, famous birthplace of Winston Churchill. You will visit Anne Hathaway's cottage, enjoy a performance at the Shakespeare Theater and stay overnight at Stratford-upon-Avon.

The trip through the picturesque Cotswolds region will bring you to Chester, a medieval city on the River Dee. Here you will have two nights' stay and time for sightseeing around the medieval walls and famous "Rows" of covered footways and shops. You have a delightful day's venture into North Wales when you visit Conwy Castle, the seaside resort of Llandudno and see the charming Welsh villages of Betwys-y-Coed and Llangollen.

After passing through the serene Lake District, you stay overnight in the city of Carlisle, an important trading center since Roman times and the traditional gateway into Scotland.

In Edinburgh, where you spend three nights, you can really explore this beautiful capital city. Highlights of your sightseeing will be the Royal Mile and the Palace of Holyroodhouse, the Queen's official residence in Scotland, and Edinburgh Castle.

Finally you return to London on the crack "Royal Scotsman" express train which whisks you back quickly and comfortably. You climax your tour in London where you can pursue your own interests and enjoy the gala farewell dinner.

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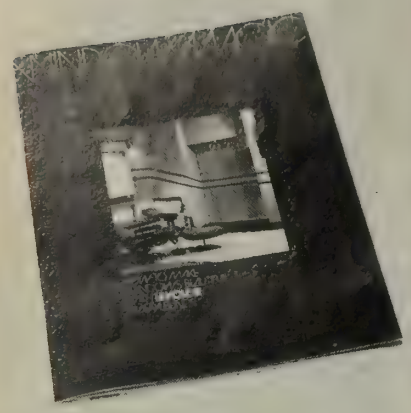
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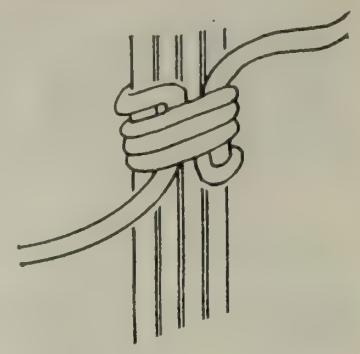
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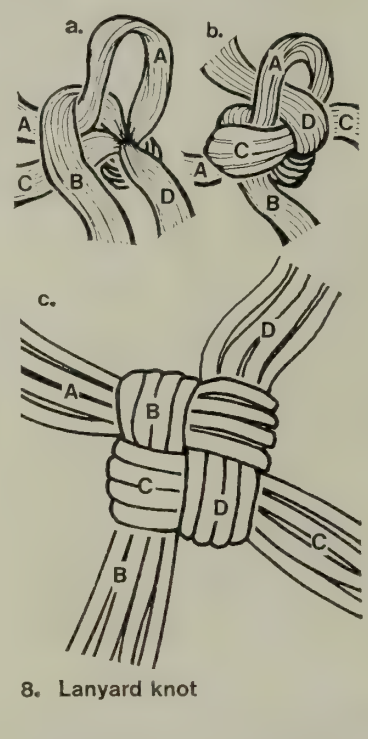
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continued from page 137

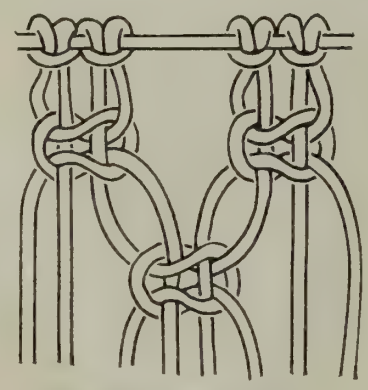
# Naturals for crafts



7. Wrapping




8. Lanyard knot



9. Alternating square knot

**Macrame headboard:** Finished headboard measures approximately 63 inches long by 30 inches wide (between top and bottom dowels). Fringe at bottom of headboard adds another 16 inches.

*Materials:* 15 pounds 72-weight, 4-ply jute; two 1-inch wooden beads; two 8-inch-diameter hoops; two 5-foot 3-inch lengths of 1-inch dowel.

*Instructions:*

1. Cut 30 cords, each 25 feet long; fold in half and tie on dowel with lark's head knots (see Diagram 1). Cut 4 cords, each 35 feet long; fold cords in half and tie 2 on either end of dowel with lark's head knots. Cut 9 cords, each 24 inches long for gathering cords; set aside.

2. Beginning at left end of dowel with first four cords, tie a 6-inch-long sennit of half knots (see Diagram 2).

3. With next four cords, tie 3 square knots (see Diagram 3); then, a square knot with a 2-inch-diameter picot in middle (see Diagram 4); then, 3 more square knots. (This should measure 6 inches in length.)

4. Repeat this pattern of half-knot sennits and square knots (steps 2 and 3) with alternate groups of cords across dowel, ending with half-knot sennit.

5. Using outside left cord as knot bearer, clove hitch (see Diagram 5) second, third, and fourth cords to it. Wrap fifth cord around knot bearer 4 times and tie a half clove hitch (see Diagram 6). Repeat wrapping and half clove hitch pattern to end of row.

6. Repeat step 5 working in opposite direction.

7. Measure down 3 inches from last row and tie a row of 2 square knots.

8. Drop first 2 cords at left. With next 4 cords, tie 2 square knots 3 inches below last row. Repeat with next 4 cords. Attach 8-inch hoop with next 12 cords by wrapping each cord around hoop once and locking with a clove hitch. Fill top half of hoop only. With 4 cords in middle of hoop, tie 2 square knots; slip bead on center two cords and secure with 2 more square knots. With same 12 cords, continue to cover the bottom half of hoop by wrapping each cord around hoop once, and locking with a clove hitch. Divide next 24 cords into groups of 4 each, and tie 2 square knots with each group, 3 inches below preceding row. Attach second hoop with next 12 cords in same manner as first. Divide next 8 cords into groups of 4 each, and tie 2 square knots with each group 3 inches below preceding row. End row with 2 free cords.

9. Repeat step 7.

10. Repeat steps 5 and 6.

11. Tie on second dowel with a clove hitch row.

12. Directly below second dowel, tie a clove hitch row using outside left cord as knot bearer.

13. Arrange cords into 4 groups of 8 cords each, then one group of 4 cords, and 4 more groups of 8 cords each. Gather cords in each group together and wrap each with a 24-inch length of gathering cord (see Diagram 7). Fray ends of cord and trim (refer to color photo, page 98).

**Hanging macrame table:** The finished table is approximately 8 feet high. Assemble it from top to bottom.

*Materials:* 5 pounds of 72-weight, 4-ply jute; 27-inch-diameter metal ring; 2-inch-diameter metal ring; 27-inch-diameter piece of ¼-inch glass (or substitute a round of plywood); four 1-inch wooden beads.

*Instructions:*

1. Cut eight cords, each 20 feet long; set aside. Cut 3 cords, each 24 inches long for gathering cords; set aside. Cut 8 cords, each 45 feet long; fold in half through 2-inch ring and wrap (see Diagram 7) with a gathering cord.

2. Divide cords into 4 groups of 4 cords each and tie 30 inch lanyard knots (see Diagram 8)

3. With one group of 4 cor a 12-inch-long sennit of half (see Diagram 2). Then skip d inches and tie a square kno Diagram 3). Slip a wooden be the 2 center filler cords and s with a square knot.

4. Reverse cords so filler become knotting cords and t other 12-inch-long sennit of knots.

5. Repeat steps 3 and 4 for remaining group of 4 cords.

6. Begin to attach the 27 ring with the first group of 4 c Wrap the first cord in the around ring 4 times and lock v half clove hitch (see Diagra Repeat with second and third c Wrap fourth cord around rin 6½ inches and lock with a clove hitch.

7. Fold two of the 20-foot le of cord in half, and tie on to with lark's head knot (see Dia 1). Drop the first 3 new cords wrap the fourth cord aroun hoop for 6½ inches.

8. Repeat steps 6 and 7 with of the three remaining grou 4 cords until ring is covered.

9. You now have 8 groups cords each hanging below ring up one group of cords, and inches of half knots and 9 i of square knots. Repeat with of the 7 remaining groups.

10. Gather all cords togethe wrap with one of the gath cords.

11. Separate 24 of the cords divide into six groups of 4 each. Tie a sennit of 6 square k with each group of 4 cords. Th maining 8 cords hang free ir center.

12. Hold the center 8 cords and gather the 6 sennits up t sired position (refer to photog on page 98 for placement); wra together with the remaining ga ing cord.

13. Fray ends of cord and trir

14. Hang from ceiling hook place glass in position as tabletc

**Hanging shelves:** Shelves sure approximately 6 feet from top to bottom of last s Shelves are about 13 inches apa

*Materials:* 10 lbs. of 72-we 4-ply jute; four 14x17-inch wo shelves (about ¾ inch wide) ½-inch holes drilled in each co one 2-inch metal ring; yarn nee

*Instructions:*

1. Cut 8 cords, each 45 feet l Set aside. Cut five 24-inch ler of cord for wrapping and set as

2. Fold the eight 45-foot cor half, double through the 2- metal ring and wrap (see Diag 7).

3. Divide these 16 cords in groups of 4 cords each, and do 19-inch sennits of half square k (see Diagram 2).

4. Run each group of c through one of the holes in the shelf; secure shelf with a sq knot (see Diagram 3). Do 12 r inches of half square knot senni

5. Repeat steps 3 and 4 for three remaining shelves, switc holding cords to tying cords

l shelf.
cords through last shelf,
th 2 square knots, and
s with one of the 24-inch
ls.
helves hang overnight, so
will stretch out evenly.
secure shelves, take a 20-
th of jute and run back
between knot above and
ow each corner of each
photo, page 99). Weave
h of securing yarn into
ennit with a yarn needle.

**ashell wall hanging**

ell and stitchery wall hang-
ade from beachcombing
you don't have an assort-
hells handy, you can pur-
time-store shell collection
t with a variety of stitch-
niques to make your own
f this unique hanging. Re-
e photograph on page 99
arrangement ideas. Our
anging measures approxi-
6 inches x 15½ inches.
*als:* 5 sand dollars, 5 half
seed pearls, a center shell
of shells); ½ yard off-
rdy fabric for background
homespun); ½ yard mus-
interfacing); ¾ yd. off-
losely woven fabric for
nd edging (such as Kettle-
off-white yarn; 16½-inch
½-inch dowel; 2 large
smaller white beads; 2 fin-
ils; large embroidery hoop;
e.
*tions:*
out background and inter-
bric. Assemble shell col-
and divide by size into
Begin laying out arrange-
th center shell. Then, ar-
edium-size shells in groups
s and fives around center.
rangement with clusters of
shells and seed pearls.
3-inch margin around de-
rk positions with pins or
cil and remove shells.
fabric and interfacing into
mbroidery hoop. Attach
hell first to set up a guide
r shells. (Shells may be
place before stitching.)
e attached with free-form
and couching, using off-
rn. Shells with holes are at-
y bringing needle through
k side of fabric, up through
hell, and returning on out-
e of shell. Follow natural
n shells for interesting ef-
hells without holes are held
with yarn "crosses" and
g. Use enough stitches to
lls securely in place. Attach
hells first, then add clusters
er shells and pearls. Fill in
ith French knots and other
Remove from hoop.
t edging and backing fabric
ws: two 3x16-inch strips for
bottom edges; two 3x19-
ps for side edges; four 3x5-
ips for tabs; one 16x15½-
ce for backing.
ld each tab in half length-
d press. Fold raw edges in
hem tabs and set aside.
m collage fabric and inter-
o match backing and baste
. With right sides together,
lay top and bottom edge strips on face fabric; pin. Insert raw edges of tabs between face and edging at top. Stitch both top and bottom edges with ¾-inch seam allowance. Turn edging back and press. Turn raw edges under on back side and hem with blind stitch. Lay side units on front of collage allowing ½-inch overhang at bottom. Stitch as for top and bottom. Finish off side tabs and bottom edge with blind stitch.

6. Slip finishing nail through small bead and then through larger bead and drive nail into one end of dowel. Repeat on other end of dowel. Slip dowel between tabs for hanging. ■





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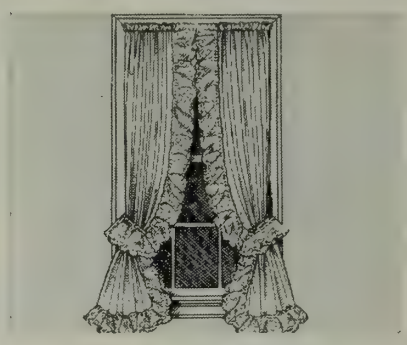
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***by Ann Lively***




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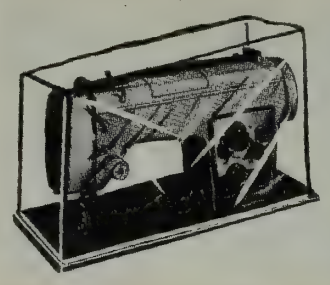
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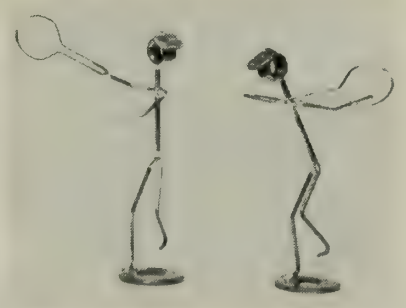
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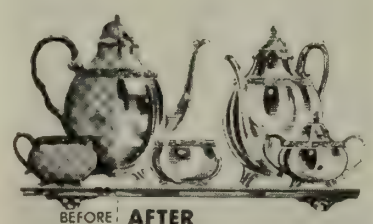

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y about thirsty plants when on a
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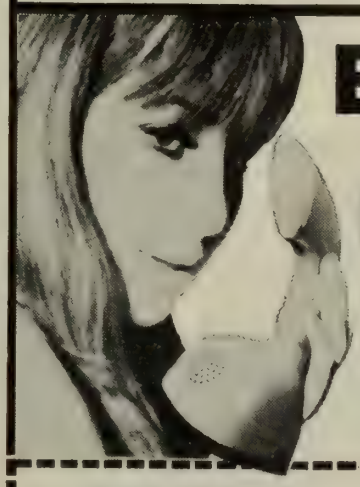


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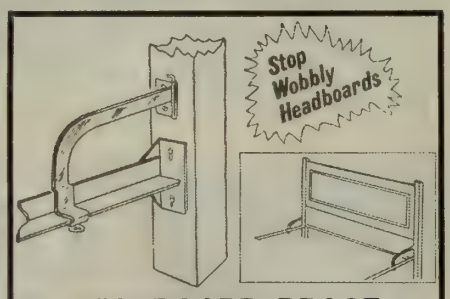
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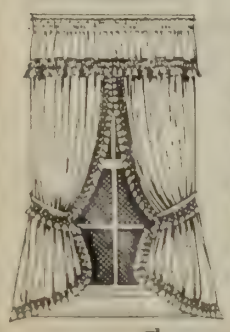

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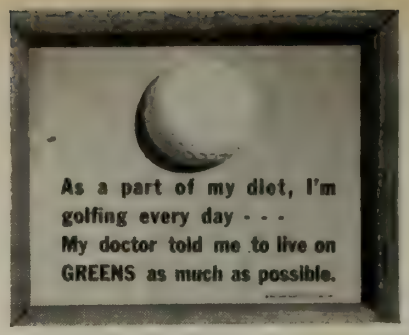
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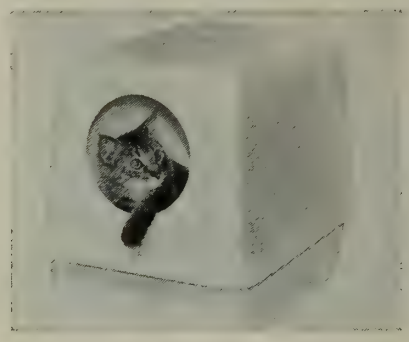

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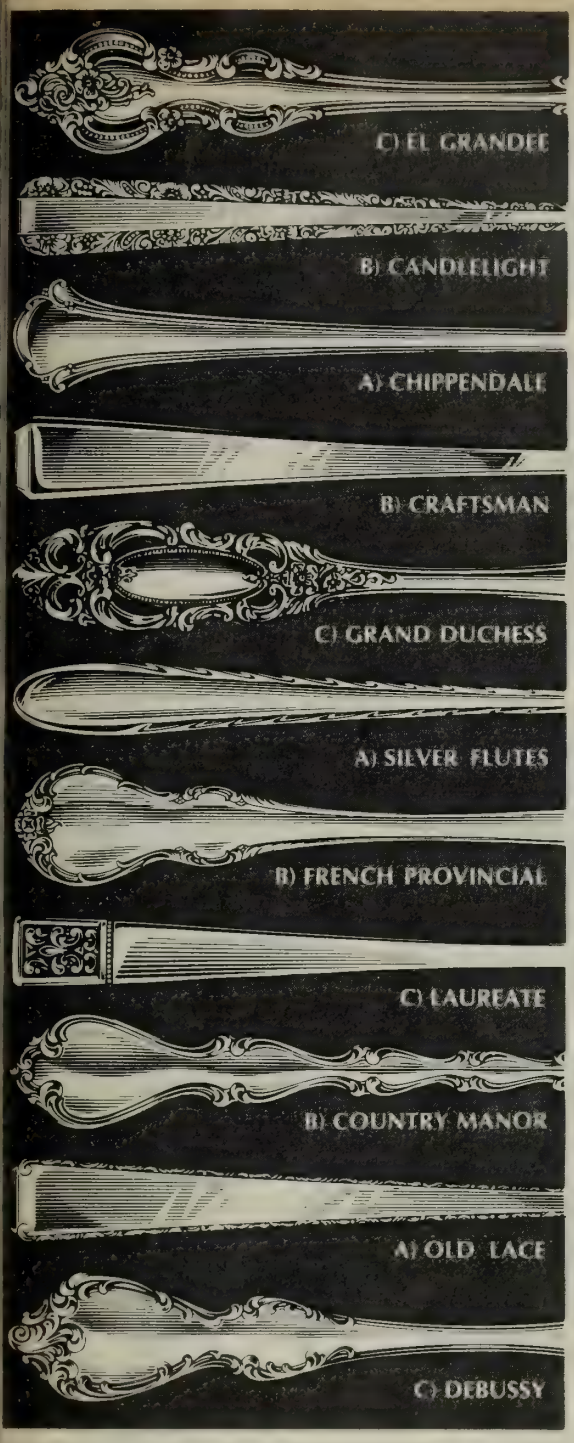
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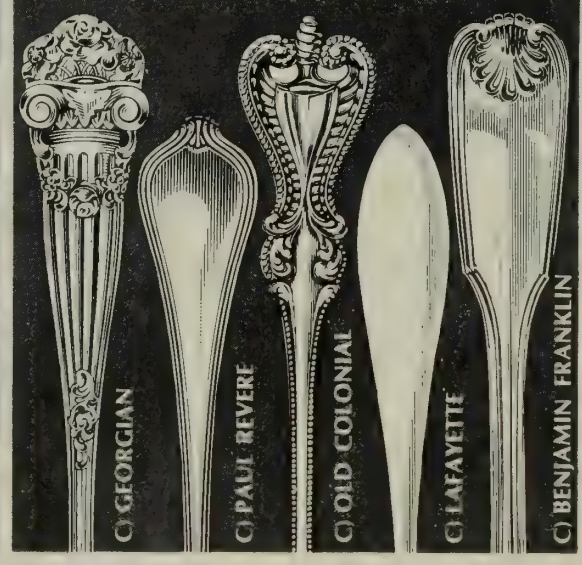
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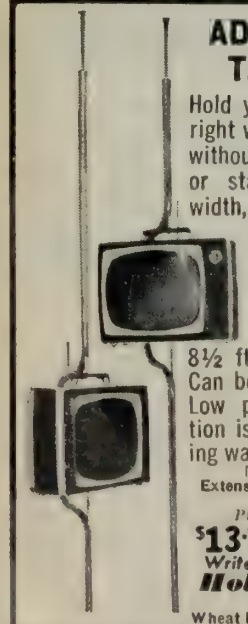
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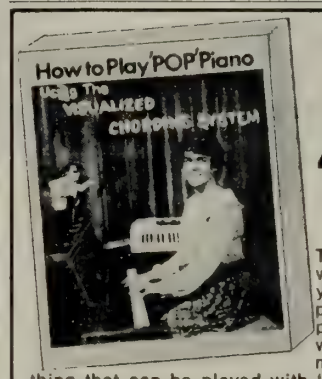
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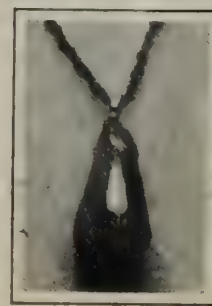
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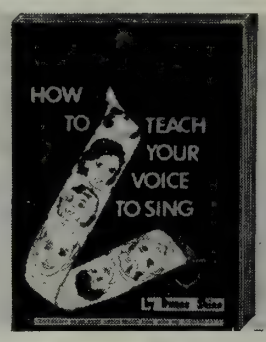
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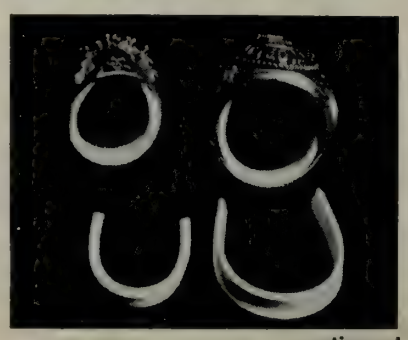
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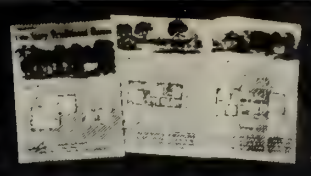


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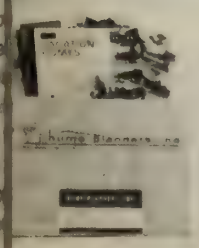
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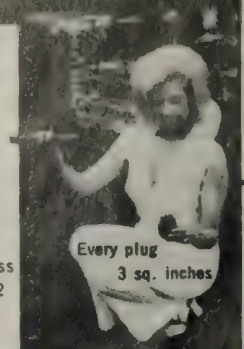
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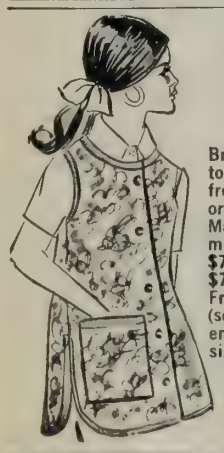

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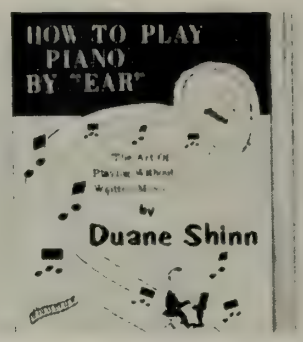
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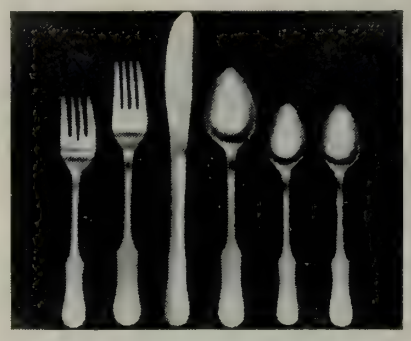
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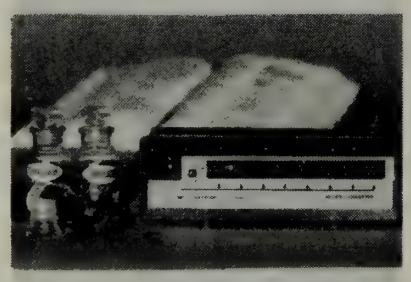
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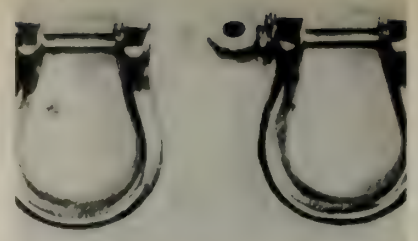
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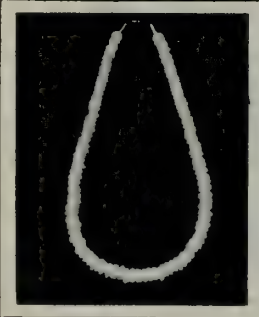
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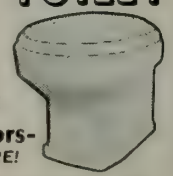
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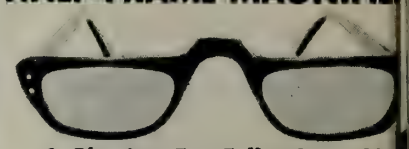
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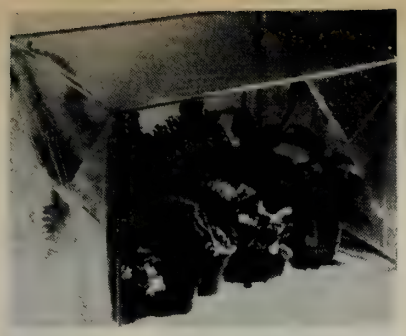
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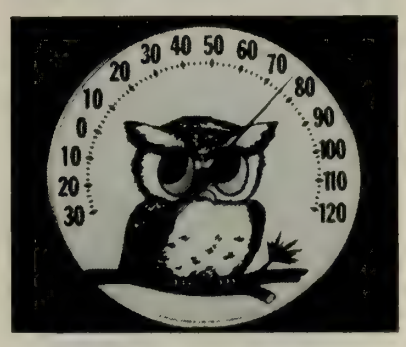
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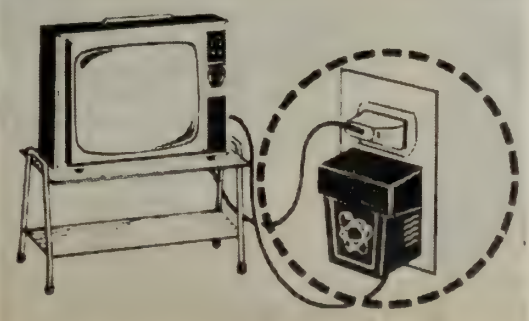
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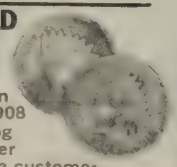
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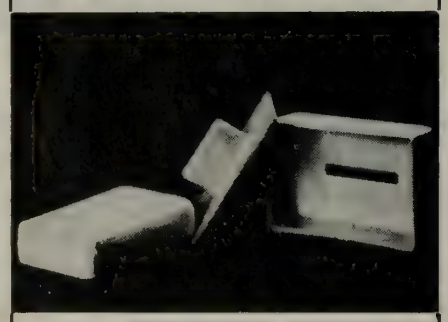


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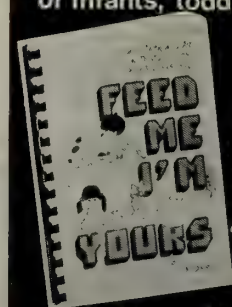
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Ct. Res. add tax—catalog 25¢

## Feed Me! I'm Yours.

**Best selling cookbook for mot[hers]**
**of infants, toddlers, and tots.**




"FEED ME! I'M YOURS" practical, down-to-earth g[uide] feeding infants and young children with over 200 rec[ipes] and ideas packed into 128 [page] bound pages. Written by experienced mothers, it c[an] you feed your children wholesome food...without nagging. You'll find baby f[ood] and good-for-you snacks a[re] easier to make than you thi[nk]

**"A Must For Every Mo[ther]"**
**Midwest Parentcraft C[lub]**

**SEND $3.50** plus .50 postage & handling

Department B66
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P.O. Box 9667
St. Paul, Minnesota 55[1]

Satisfaction guaranteed or your money refun[ded]
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e Dad his own marker with his ne, title such as "Golfer of the r" or business title. Solid oil- ed walnut engraved in gold let- ng. 8½" long x 1¾" high, $5.95 45¢ postage. Order Style KZ. er from Spear Engineering, t. 3036, Box 7025, Colorado ings, Colorado 80933.




### b tape does the job

-adhesive white vinyl tape seals cracks and openings around the ntub, sink or basin. So easy to , just press tape onto surface it's ready to work. Eliminates ssy leaks etc. ¾" x 11 ft. $2.98 50¢ post. Order from Anthony erprises, Dept. BHG-66, 585 rket, San Francisco, CA 94105.



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rm-Ease pad seals in body heat concentrates it where you need most. Relieves aches, pains, ains, stiffness. Soft foam-filled ey covered pad. Sanitary, wash- e. Fits snugly around knee, ow, ankle. $2.29 + 35¢ post. iday Gifts, Dept. 406-N, Wheat ge, Colorado 80033.

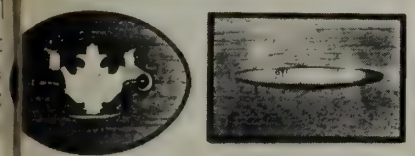


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ple who need assistance sitting wn or rising find the Burke Ele- ing Chair invaluable. Allows you rise to a walking position at the ss of a button. Available in her- on or durable naugahyde in green gold. For info. on how to try chair te: Burke, Inc., Dept. BHG6, Box 64, Mission, Kansas 66222.



continued

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**"A perfect Gift for Father's Day"**
is "Handle" on a Handle. Brass, andsomely engraved, on thick olid walnut. For Desk, Wall, Dash, r Door. #1 Rectang. (3½"x5½") **7.95**, #2 Oval (4½"x6") **$9.95.** RINT "Handle" and mail with heck:
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STAR Earrings
3.99 pair
ACTUAL SIZE
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Royal blue ceramic tiles with raised white numbers, beauti- fully glazed. White seal grout ... with perfection gain- ... frames **$11.95.** 5 number $13.95 ... sided mail box frame & ... brackets **$15.95.** Please add ... & handling.
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22 years licensed at this location. Pat. Pen.



**SAVE HUNDREDS OF DOLLARS**
Imagine yourself the builder of this attractive ALL PURPOSE BARN 24' x 36' x 18' high with easy to follow plans. Appealing to the eye in suburban, farm, ranch, lake area. Many uses as 3 or 4 car garage, boats, campers, store, lodge. Plans call for concrete floor, ceiling joist, ply- wood loft flooring, suggested window and door location.
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**STRONGITE** is a brilliant synthetic stone at a fraction of the cost of a diamond. It's hardness has an **UNCONDITIONAL LIFETIME GUARANTEE** in writing to replace the **STRONGITE** stone if it chips, scratches or loses color. All shapes and sizes to 20 carat. Easy payment plan. 10-Day Money-back Guarantee. **Send no money. FREE CATALOG** of rings for men and women.
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Flushes up to existing sewer or septic tank by powerful self-con tained pump operated by normal water pressure. No digging up floors. Clog resistant, easily in- stalled. Make basement into game room, den, apartment with private bath. Financing available. Write for free literature. *Dealer inquiries invited.*
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SIZE 18" x 24"




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**Authentic**
San Joaquin Valley grape trays, sturdily constructed over 50 years ago for drying raisins in the sun. Now, cleaned & recycled, these rustic wooden trays become beautiful decorator wall prints, ready to enhance your home or office.
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THE TEMPERATURE SPREADER



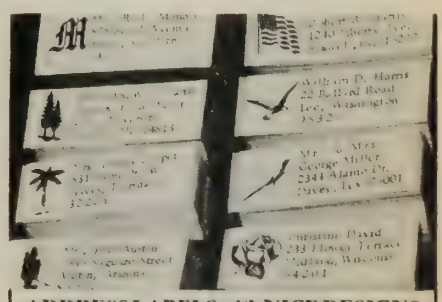
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36" SWEEP ..... $109.00
48" SWEEP ..... 129.00
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**MONEY BACK GUARANTEE**
• AVAILABLE IN CONTEMPORARY WHITE AND TRADITIONAL RUST COLOR • UNIT IS COMPLETE WITH 5 SPEED CONTROL AND ALL FITTINGS FOR A DO IT YOURSELF INSTALLATION • ONE YEAR WRITTEN GUARANTEE • LONG LIFE TROUBLE FREE OPERATION • ADJUSTABLE TO VARIOUS CEILING HEIGHTS • VERY LOW POWER CONSUMPTION
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**BABY'S SAFETY CHAIR**
Replaces the high-chair yet costs so much less! Clamps securely to table or counter . . . great for travel . . . and held firmly by baby's own weight. Baby cannot climb or fall out! It allows him to eat at the table with family. Grandma can keep one at her house for visiting days. Made of sturdy steel and plastic. For up to 4 years.
#19-2 Baby Safety Chair **$9.98**
+ $1.79 P&H. Ill. Res. add 5% Tax
Gift Catalog $1.00
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**BUFFET CADDY**
Serve a buffet elegantly. Woven straw caddy totes silverware, plates and napkins in style, whether serving in or out-of-doors —ends extra trips to kitchen. Double carrying handle prevents tipping. Attractive 11x5x7" caddy is great for picnics, handy for patio.
$4.50 plus 50¢ postage
**HOLIDAY GIFTS**
**Dept. 406-F, Wheat Ridge, Colorado 80033**



**ADDRESS LABELS with NICE DESIGNS**
Any Initial, American Flag, Pine, Gull, Palm, Roadrunner, Saguaro, Rose (Also, Texas Flag, Maple Tree, Treble Clef, Palette). Up to 20 letters per line, 4 lines. Printed in black on white or gold gummed labels 1½"x½". 500 on white or 250 on gold. $2.50 ppd. Or on Deluxe Size, 1¾" long. $3.50 with design or $2.50 without. ppd. Specify Initial or Design desired. Via 1st, add 36¢. Bruce Bolind, 156-L Bolind Bldg., Boulder, Colo. 80302. [Since 1956, thanks to you!]

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## NEW EASY WAY GROWS TWICE AS MANY TOMATOES IN HALF THE SPACE!



**LIGHTWEIGHT!**
**UNBREAKABLE!**
**RUST-PROOF!**

**NO STAKING, NO TYING, NO GROUND ROT NO ANIMAL DAMAGE**

Now pick twice as many tomatoes in half the space with fabulous T-MATO CAGE! 28-inch tall tomato cage promotes fast growth. No ground rot. No wind or animal damage while eliminating work (no tying ever). Continuous balanced support eliminates crop damage. Easy access to fruit.

**Turn Your Garden Into "Shopping Baskets" Jam-Packed With Garden Fresh Fruits & Vegetables**

T-MATO CAGES provide perfect continuous support for all heavy vine vegetables, eggplant, bush beans, squash, peas, lima beans, climbing strawberries, grapes.

You pick deliciously ripe crops as plants wrap around baskets. Lightweight, unbreakable, rust-proof metal. Nothing to assemble. Use season after season. Stacks for easy storage. Mail coupon. One-year money back guarantee.

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Please rush 28-inch T-MATO CAGES as checked below:

- ☐ 3 T-MATO CAGES $5.95 plus 80¢ PP & HDLG
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# Bicentennial Bell

Limited Edition
Quality Tone/Over 14" high
Sandcast Metal/Wrought Iron Look
Gold Lettering/Base fits std. 1½" pipe

**Only $25.95**

**Satisfaction Guaranteed or Money Back**

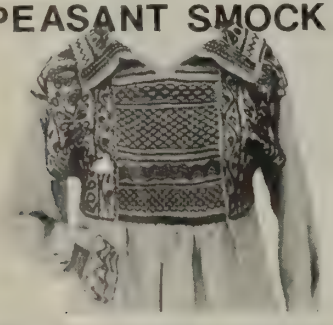



**Ring in 200 years of Freedom**

Use for Home, Cottage, Patio, Den, Deckboat

Please ship____ Bell(s) at $25.95 plus $3.00 for Postage & Handling Bell(s) $_____
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# PEASANT SMOCK



Create your own English Peasant Smock. Complete directions for smocking, embroidery and costume assembly. $4.50ppd.

NATALIE'S
Clifton Park Pl.-BG, Mechanicville, N.Y. 12118

# EASY-LIFT™

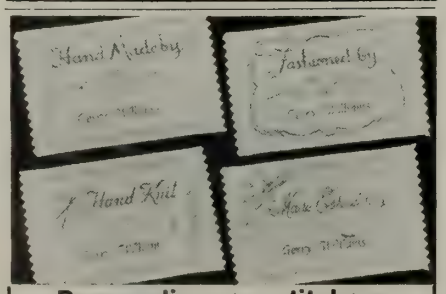


**LIKE A HELPING HAND.**

Many people—senior citizens, arthritics, and those suffering from Multiple Sclerosis, Muscular Dystrophy or Parkinson's disease—need help getting in and out of a chair. The EASY-LIFT power cushion recliner gently lifts you forward as well as up to a semi-standing position. The lifting angle adjusts to fit your needs, controls are easy to reach, and it runs on household current. EASY-LIFT—like a helping hand.

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**AMERICAN STAIR-GLIDE CORP.**
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**Personalize your stitchery**

Your creations deserve the stylish finishing of these rayon taffeta labels; sew into dresses, knitted items, etc. Background is eggshell with harmonizing brown and red trim. Name imprinted to match. Specify choice of label and your name (print clearly).

15/$1.50; 45/$2.50 or 60/$3.00.

**HOLIDAY GIFTS**
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**"The Only Person"**

A great excuse for putting off v at home or office 'til next week! ver lettering engraved in solid rubbed walnut; gold border h lights the wording. 4½" x 1¾", $2 each, 3 or more $1.95 each p paid. Order Style Pf-49. Sp Engineering, Dept. 3037, Box 7( Colorado Springs, CO 80933.



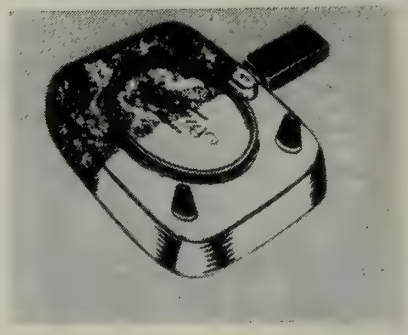
**For patio or porch**

New butterfly chair replacem covers to brighten the patio, po or family room. Choose canary low, pumpkin, gold, lime, avoca black or white. 15 oz water repel duck. $9.95 + $1 post. Catalog f Order from Leisure House, 16038, Helen & Blade Sts., Cin nati, Ohio 45216.



**Baby seat that floats**

Mothers appreciate this buil babysitter. Made of unsinka foam plastic with a cloth bucket s that holds child firmly. Fun for v toddlers to first graders. App 20"x26"x11"; $6.98 + $1.39 p Gift catalog $1. Order from Hous Minnel, Dept. 266E, Deerpath F Batavia, IL 60510.



**Wipe away burnt-on greas**

New miracle cleaner for alumin chrome, stainless steel, cast ir copper and brass. Removes gre and encrusted build-up from pans, burner wells, barbecue g etc. Will not darken or pit uten 7 oz. $3.98 + 60¢ post. Anth Enterprises, Dept. BHG-66, Market St., San Francisco, CA 941




**"He who makes a Garden**

Works hand-in-hand, with God," spirational and meaningful wo on a wooden plaque. Italian sc border enhances the quiet, ser message. Laminated for perm nence, ready to hang. 8" x Makes an ideal hostess gift. $1 + 50¢ post. Cadlyn's, 10250 N. 1 Ave., BH6, Phoenix, AZ 85021.



**Semi-precious pewter**

Lovely pendants to wear with your casual clothes. Especially n with sweaters and knits. 2¼" dian ter, Sand Dollar $10 ppd. 2" Dec $8 ppd. Gift boxed. Free Americ catalog with order; otherwise 5 Order from Sturbridge Yank Workshop, BHG Brimfield Turnpi Sturbridge, Mass. 01566.




**Layman's Parallel Bible**

Offers the epitome in ease of re ing and comprehension. Side side 4 Bibles in 1; providing 4 v sions of the same Biblical passa on facing pages. Understanding appreciation from the most diffic readings. $18.95. Rocky Mount Discount Books, Inc., Dept. BH Box 11208, Pueblo, CO 81001.

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made on Nantucket Island of weather resistant redwood. plete with solid brass fasteners sturdy redwood braces. Come to hang and plant. For both and wood homes . . . lovely rs too. 36″x6″x6″. $19.95 + $2 Island Wood Products, Dept. Nantucket, MA 02554.



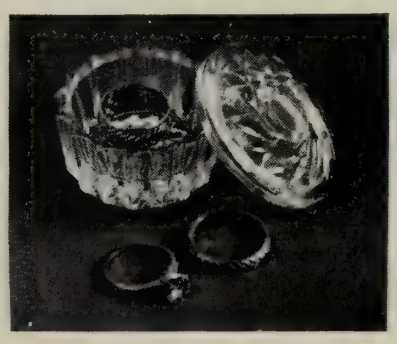
### emble for the bedroom

or Wht. 65% poly, 35% cotton; & dry. Dust Ruffles 14″, 18″ ″ drops; Twin or Double, $15, n $17, King $20; Coverlet, Twin ouble $29.50, Queen or King Canopy, Twin or Double $18. $1.75 post. Catalog free. nial Maid Curtains, Dept. BH6, Ter, Mamaroneck, NY 10543.



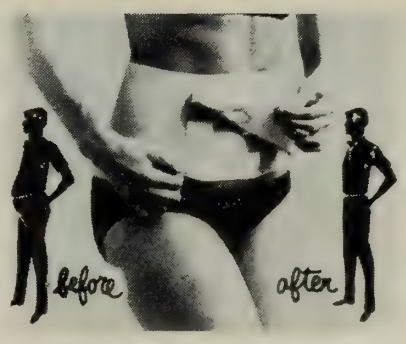
### crystal ring box

d lead crystal box sparkles with ance. Cover and base deeply a lovely leaf design. 2″ diam- 1¼″ high. A tiny treasure to be shed. Charming gift for family friends. $1.98 each plus 50¢ age. Order from Ferry House, BH6, Braircliff Manor, New 10510.



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a pot belly? Put it in its place! and feel more attractive the te you put it on. Instant grip o fastener makes it easy to put nd take off. 7″ wide, adjusts 26-50″. For men & women. hine wash) $6.99 + 35¢ post. ay Gifts, Dept. 406-R, Wheat e, Colorado 80033.



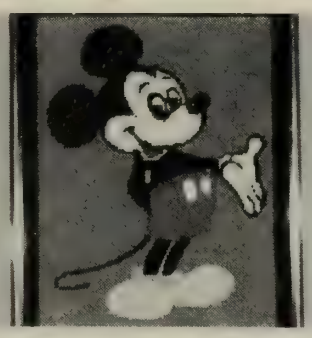

### verful wrist radio

it on your wrist when you're he go. Lightweight (6 oz., 2″ ), no sound distortion. Delivers illiwatt power on only 1 penlight ery. All AM stations; solid state. es hands free for skiing, golf, g etc. $14.95 + $2 post. World Gifts, Dept. BH-6, 606 E. State Westport, Connecticut 06880.



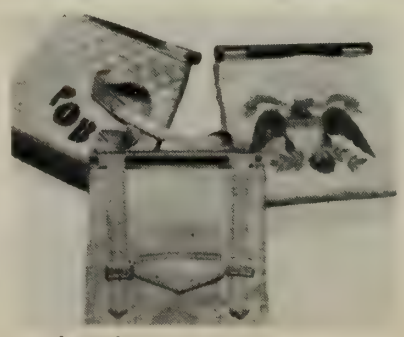
### ke a Disneypoint kit

inal Mickey Mouse character gn on a 9″ x 12″ canvas; 3-ply ian yarn in seven bright colors; les and easy-to-follow instruc- . Perfect framed or add back- stuffing and it's a pillow. Kit 95 + $1 post. Walt Disney Mail er Offer, Dept. DP1, 6 Com- cial St., Hicksville, NY 11801.



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continued



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Beautifully handcrafted of naturally finished cedar, this planter adds to any decor, either indoors or out. Sturdy metal liner is leakproof and permits potting directly in container. Show off your plants in this attractive and unusual planter. 7¼ high x 7¼ diameter. Can be used as a hanging pot.

**$7.50** plus $1.00 postage —Check or money order

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**201 Possum Park Rd.**
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Tell time like the ancients did 3,000 years ago! This heavy 9″ diameter aluminum sun dial is an authentic reproduction. Raised Roman numerals, lettering (″I count none but sunny hours″) in goldtone. Weather resistant antique verdi green finish. Perfect for garden, pool, patio.

**$6.98** plus 50¢ hdlg.

**HOLIDAY GIFTS**
Dept. 406-D, Wheat Ridge, Colorado 80033

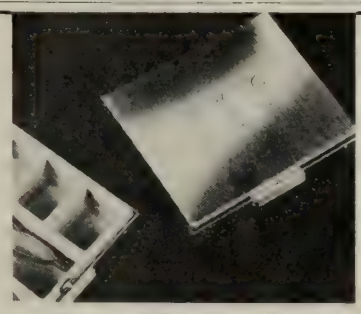



### CRISS-CROSS SANDAL CRADLES YOUR FOOT

The softest little wedge for summer in Genuine Kid Glove Leather. Features thick and thin straps to cross and cradle your foot in comfort. Adjustable buckle sling. 1¾″ wedge heel. Cushioned insole, composition sole. **Multi-color**, or **White, Bone or Navy.** Sizes 5-10 M.

Satisf. Guar. **$18** Plus $1 Post.

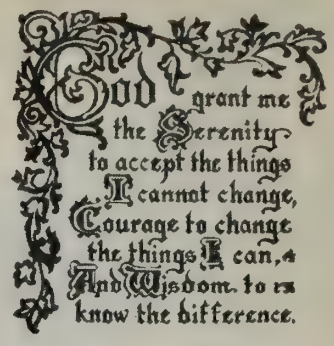
**OLD PUEBLO TRADERS—B6S**
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*Pierced Earring Case*

. . . will keep your favorite pairs of drops, and studs together and untangled. Smart looking brass case is 2¾″ x 2½″ x ½″ and has ″7″ velvet-type compartments in 2 sizes. Tiny tongs to pick up your earrings. Engraved with 3 initials. $4.95 ea., 2 for $9.50 ppd. from Bruce Bolind, 156-E Bolind Bldg., Boulder, Colorado 80302. 80 p. Useful Gift Catalog, 25¢. Since 1956, thanks to you!

## CERAMIC TILES




### SERENITY PRAYER

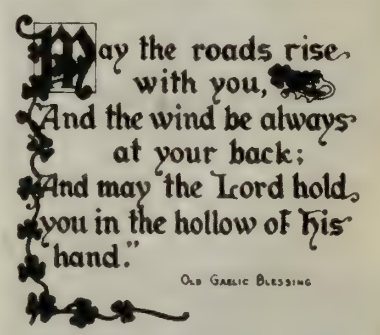


An Irishman is never drunk as long as he can hold on to one blade of grass and not fall off the face of the earth.

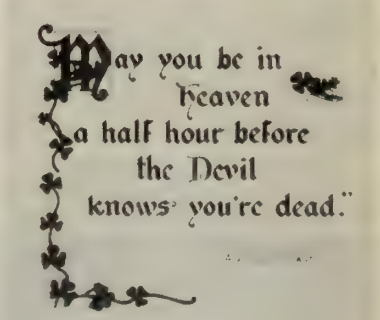
### IRISH TIPPLER




### THE CLOCK OF LIFE




### GAELIC ROAD




### IRISH TOAST

Colorful Ceramic Tiles used as wall plaques or trivets. Cork base with hanger. 6″ x 6″. **$4.98** Each Plus 60¢ Postage & Handling Each.

Calif. residents add 6% sales tax.
Satisfaction guaranteed.

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Your STAIR-GLIDE® installs easily and in less than 2 hours. No marring walls or stairway. No special wiring required. Shipped directly from factory within 4 days. STAIR-GLIDE®... the nation's largest selling stairway elevator! UL LISTED.

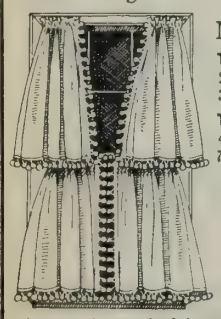
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## COUNTRY CURTAINS

**Ball Fringe On Permanent Press**



**Natural or White**

**Tiers:**
20", 25" .....**6.50** pr.
30", 36", 40" **7.00** pr.

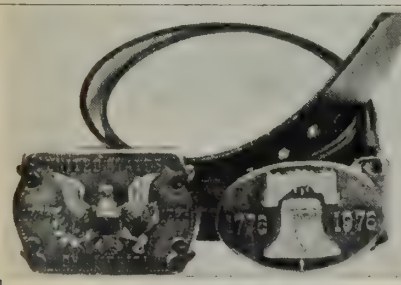
**Tiebacks:**
45", 54", 63" **9.00** pr.
72", 81", 90" **11.00** pr.

**Valance:**
10"x80" **3.00** ea.
**(90" wide per pr.)**

For years New England housewives have used charming Country Curtains in their homes. Here they are in wonderful permanent press . . . truly a no-iron fabric in warm beige-tone or sparkling white blend of cotton and polyester.

*Satisfaction guaranteed. When ordering please specify natural or white. Sorry no COD's. Mass. res. add 5% sales tax. Postage and handling; under $10 add $1.10, for orders $10 and over add $2. Send for free catalog.*

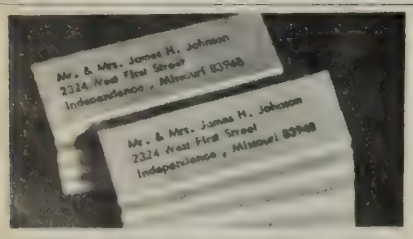
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Dept. 65, Stockbridge, Mass. 01262




## BICENTENNIAL BELT BUCKLES

Get in the spirit of things (Spirit of '76) with these solid brass-plated Belt Buckles. It's the latest fashion craze to top your jeans-n-things! Liberty Bell and Eagle in raised-relief, adds beauty and spirit to your favorite belt (his too). American made, snaps on easily in place of existing buckle. apx. 2½" x 3½". Specify style. **$5.99** plus .35¢ hdlg.

**HOLIDAY GIFTS**
Dept. 406-G, Wheat Ridge, Colorado 80033




## CHEERY RAINBOW-COLORED LABELS

Add a bright touch to your mail. These gummed labels come in a gay assortment of pink, light blue, yellow, light green and white, with black lettering. Label size 1⅛"x½". Up to 4 lines—26 letters per line. Each set of 1,000 Rainbow Labels—$1.50 Ppd. Satisfaction Guaranteed or your money back!

**W. YARBROUGH LABELS**
5768 Venice Boulevard, Dept. BH-RBP
Los Angeles, California 90019



**ITALIAN BOCCIE BALLS** **$7.98** Add 95¢ Post.

The national game of Italy can now be yours. Authentic Italian Boccie balls provide outdoor fun for the entire family. Mom, Dad and the kids can play in their own backyard—a special playing surface is not required. Wood balls come in handy carry case with complete instructions.

MONEY BACK IF NOT DELIGHTED

**HARRIET CARTER,** Dept. BHG-14066 Plymouth Meeting, Pa. 19462



## LIFE LONG ID TAG FOR PETS

Don't worry about your dog or cat getting lost. This identification Tag has all the necessary information for his safe return — pet's name, your name, address and phone number — all embossed FREE. Lifetime polished stainless steel, complete with collar hook. **$1.00** ppd. Satisfaction Guaranteed.

WEST-BERG ENTERPRISES, LTD.
Dept. 506A, 2842 E. Serendipity Cr.
Colorado Springs, Colorado 80917

## 50 WILD ANIMALS 25¢



Surely the most attractive wild animal stamp collection we have ever seen. This fabulous collection of 50 different big size colorful pictorials from around the world is offered at the special price of 25¢ to introduce our superior approvals. Write today.

**D. M. Darling & Co.,** Dept. HA, Rockville, Md. 20851

## MARKET PLACE

*For ad rates write Classified, 100 E. Ohio, Chicago*

**DOGS**

★ **IMPORTED SCOTLAND COLLIES.** Pups. $195. Marshall Kennels, Roseville, Ill. 61473.

**OF INTEREST TO ALL**

**FASCINATING XRAY BIRDHOUSE.** Details, Clifford Dees, 6645-G Bardonia, San Diego, CA 92119.

**OF INTEREST TO WOMEN**

**JEWELRY CATALOG 50¢.** Write: Goals, 12183D Aster Road, Philadelphia, Pennsylvania 19154.

★ **HOMEWORKERS NEEDED** painting Novelties. Roland, Box 56, Hammonton, N.J. 08037.

**$800 MONTHLY POSSIBLE** addressing—stuffing envelopes (longhand-typing) your home. Experience unnecessary. Details, send stamped addressed envelope. American, Excelsior Springs, MO 64024.

**MONEY MAKING OPPORTUNITIES**

★ **$175.00 WEEKLY** correcting pupils' lessons! Samples, $1.00! Castle's, 507-BG Fifth, New York City 10017.

**$300.00 WEEKLY IMMEDIATELY POSSIBLE** Stuffing Envelopes. Free Supplies, stamped envelope. United, 3838½ VanDyke, San Diego, CA 92105.

★ **STUFF-MAIL ENVELOPES.** $250.00+ per thousand profit possible!! Offer details: stamped envelope. Kings-BH6, B-21487K, Ft. Lauderdale 33316.

**EARN IMMEDIATELY STUFFING ENVELOPES.** $300.00 Thousand Possible. Free Supplies, stamped envelope. Isco, 5252 Auburn, San Diego, CA 92105.

**MAKE BIG MONEY.** We furnish everything. For details send self-addressed envelope. Enterprises, Box 4516-HG, Compton, CA 90224.

**STUFFING ENVELOPES** $500/thousand. Start immediately. Details 15c. Benterprises, Box 1368-BH2, Decatur, GA 30031.

**CLASSIFIED'S GUARANTEE**

**CLASSIFIED** guarantees refund of any initial money sent in direct response to the above ads, B-6.



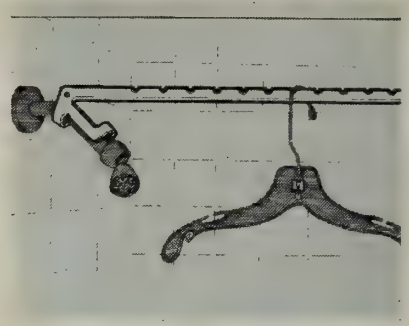
### Repair eyeglasses anywhere

This handy kit is invaluable when ever glasses come apart at home at the office or when traveling. It's compact; carry it in your pocket. Includes a professional optical screwdriver & assortment of frame screws $2.29 + 30¢ post. Anthony Enterprises. Dept. BHG-66, 556 Mission San Francisco, California 94105.



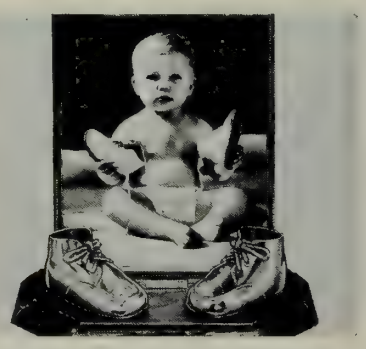
### The Porch-Lift system

Four models available to meet lifting needs up to 53", 72", 84" & 96". All key-operated, uses standard 110-volt electrical current, weatherproof. Maximum lifting capacity 400 lbs. Write for Free Brochure American Stair-Glide Corp., Dept. BHG-66, 4001 E. 138th St., Grandview, MO 64030 (816-763-3100).



### Handy hang-dryer

Convenient and space-saving dryer fits all shower heads. Dry your washables overnight, slips on and off instantly; fits in any suitcase. Of solid steel, white rustproof vinyl finish. Holds 11 hangers. $3.25 ea. 2/$5.75 + 50¢ post. American Century, Dept. 3066E, Box 36232, Los Angeles, California 90036.



### Bronze baby's shoes

For a limited time only, baby's first shoes are gorgeously plated in solid metal for just $3.99 a pair. Also available: portrait stands (shown), bookends, TV lamps. Perfect gift for grandparents. Send no money; write for full details and money-saving certificate: American Bronzing, Box 6504-F2, Bexley, Ohio 43209.



### King bed converter

Convert your twin beds into a king-size bed in seconds. Place comfortable polyurethane Span-A-Bed between two twin size beds. Fits so snugly, you'll never know it's there. Strong enough to support the biggest man. 6'L, 14"W $4.99 + 75¢ post. Holiday Gifts, Dept. 406-K, Wheat Ridge, Colorado 80033.



### Pistol-grip stainless steel

Authentic Early American pattern magnificently reproduced. Luxurious 50 piece set features genuine hollow-handled pistol-grip knives and 3-tined forks. You'll set a truly elegant table. $22.95 plus $2 postage. Order from Crown-Castle, Ltd. Dept. PGS-524, 51 Bank Street, Stamford, Connecticut 06901.



### Swim with "Swimmies"

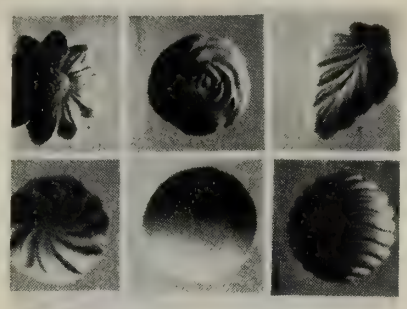
Anyone can learn to swim with swimmies. They make it possible for a child to swim with confidence at first attempt. (Not life preservers.) Supports any person up to 150 lbs. Made of vinyl. Slip tubes around arms and inflate to capacity. $4.95 pr. D&H Co., Dept. BG, Box 500, New London, NH 03257.

### I summer shoe



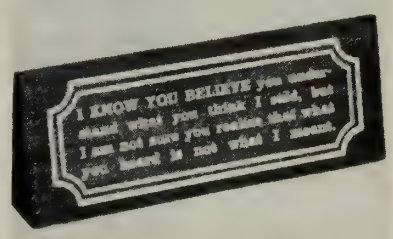
as uppers with 2 inch rope cov- wedge heels, cushioned in- , crepe soles and rope laces. arrow 6-12; Medium 4½-12; se beige, yellow, green or navy. r "Tally" $9.95 plus $1 post.; over 10, $1 extra. Sofwear s, Dept. BH-6, 1711 Main, ton, Texas 77002.

### e rubber candy molds



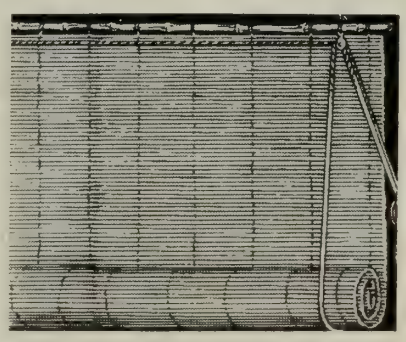
e professional-looking candy s with these molds. No-cook es included. Order Daisy, Rose, Fancy, Plain or Corrugated s. 90¢ each, 3/$2.50, 6/$4.75 + ost. (CA res add tax) Catalog or free with order. Judy's Spe- es, Dept. 266E, Box 728, 317 N. nd St., Lompoc, CA 93436.

### ow you believe—marker




arious marker that's specifically pecific. In solid oil-rubbed wal- engraved in silver lettering. Gold er highlights the wording. 4½" ¼". Style PF8 $2.95 each; 3 or e $1.95 each; postpaid. Order Spear Engineering, Dept. 3034, 7025, Colorado Springs, Col- o 80933.

### pical bamboo shades



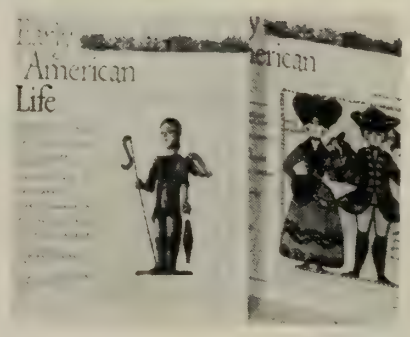
an exotic look to any decor with chstick roll-up blinds. Handmade aiwan. 24"x72", $5; 30"x72", 36"x72", $7; 42"x72", $8.50; x72", $10; 60"x72", $12; 72"x $14. Plus $1 postage per shade. alog 25¢. Fran's Basket House, t. BH6, Route 10, Succasunna, Jersey 07876.

### ar an anchor pendant



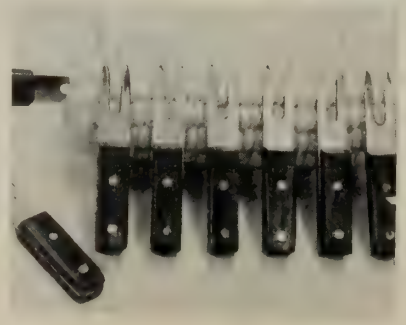
nique fashion accent for a nau- look. In choice of 14kt. Gold terling Silver, 1⅜" long comes an 18" chain and a removable ckle. In sterling with sterling n $18. In 14kt. gold with 14kt. chain $95 ppd. Tal Creations , Dept. BHG-6, Box 1028, FDR , New York, NY 10022.

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rs a membership which includes issues of Early American Life; ed to your interest in early Amer- Discounts on books, travel, iture reproductions. Discover warmth and beauty of early erica. Annual Membership $8. y American Society, Dept. 7235, Walnut St., Boulder, CO 80302.

### rn pic-ups



ewood handled stainless steel er protectors do the job hand- nely; nice for hors d'oeuvres too. several sets; a great gift for t or hostess. Box of 8, $1.98 plus postage. Two boxes (16), $3.50 70¢ postage. Taylor Gifts, t. BH-6, 355 E. Conestoga d, Wayne, PA 19087.




# Where are You?




## YOUR FRIENDS WANT TO KNOW!

**A Spear name marker is the best way to identify your home to friends!**

**Large, easy-to-read lettering presents a neat appearance you'll be pleased with**

**we normally ship in 48 hours or less/you'll be satisfied or your money back!**

## Spear DAY-n-NIGHT MARKERS

### LAMP POST & WALL MARKERS *for home or office*



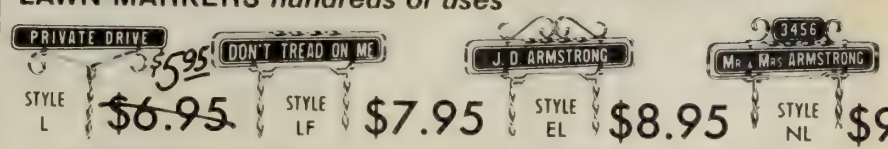

STYLE BR ~~$6.95~~ $5.95 — STYLE EB $8.95 — STYLE NB $9.95 — STYLE OB $11.95

### MAILBOX MARKERS *fit any curb style mailbox*




STYLE M ~~$5.95~~ $4.95 — STYLE MF $6.95 — STYLE EM $7.95 — STYLE NM $8.95 — STYLE OM $9.95 — STYLE NOM $12.95

### LAWN MARKERS *hundreds of uses*




STYLE L ~~$6.95~~ $5.95 — STYLE LF $7.95 — STYLE EL $8.95 — STYLE NL $9.95

A Spear name marker is the best way to identify your home to friends . . . deliverymen, postmen and emergency vehicles, too! The large, easy-to-read lettering is reflector beaded and shines in headlights at night—welcomes friends day and night! It's a neat and easy way to display your name and address—we guarantee it or your money back! Order today! Not available in stores—buy direct & save!

- Any wording you want, same wording on both sides. Up to 17 letters and numbers on long (18") plate; 6 on short (7") plate.
- White raised letters on black enamel-coated aluminum plates for easy reading. Reflector beaded letters are readable in headlights at night.
- Each marker made of rustproof aluminum for years of carefree use.
- Easy to install. Meets U.S. Postal requirements. If you move, replacement plates always available.

**ORDER TODAY—YOU'LL BE PLEASED (and so will your friends)**

**we normally ship in 48 hours or less/you'll be satisfied or your money back!**

If you wish to use your charge card, please fill out appropriate boxes below:

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SINCE 1949 — we normally ship in 48 hours or less you'll be satisfied or your money back

Spear ENGINEERING COMPANY

Dept. 4964, Box 7025, Colorado Springs, Colo. 80933

| STYLE → | | ANY WORDING YOU WANT |
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ADD POSTAGE & HANDLING
☐ REGULAR .95
☐ FASTEST $1.60

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ORDERED BY _____

ADDRESS _____

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**EARN EXTRA MONEY FAST** by selling our products — Write for details

SAVE MONEY! SHOP DIRECT & SAVE

FATHER'S DAY—JUNE 20th

# The Man Next Door®

Ken Floyd almost canceled his surgery at the last minute. The surgeon showed up for a pre-operation visit with three razor nicks on his chin.

---

Relieved of chauffeuring at last, Kathryn Terry has gained more free time but she isn't sure it's worth the new anxieties. Her son recently acquired his driver's license.

---

Christine finally got around to disposing of a dress she bought to wear to a friend's wedding. It seemed the thing to do—the dress has outlasted the marriage.

---

Elaine Cowan's yoga teacher couldn't make it to class last week. Seems she fell over her dog and failed to land either in the proper position or state of mind.

---

Who can question the value of a college education? Rosemary has brought home a new knitting pattern, an improved bridge-playing technique, and an enormous capacity for black coffee and late hours.

---

Our company has at last hit upon a sign that keeps folks out of the two reserved parking places at work. It says, simply: "Don't even think about parking here."

---

It's true that money talks. These days it's always saying good-bye.

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In another case of the cure being worse than the ailment, Ralph Herrick's neighbors have taken a poll and decided that the yipping of the Herrick dog Shep is preferable to Ralph's thunderous "no bark" commands.

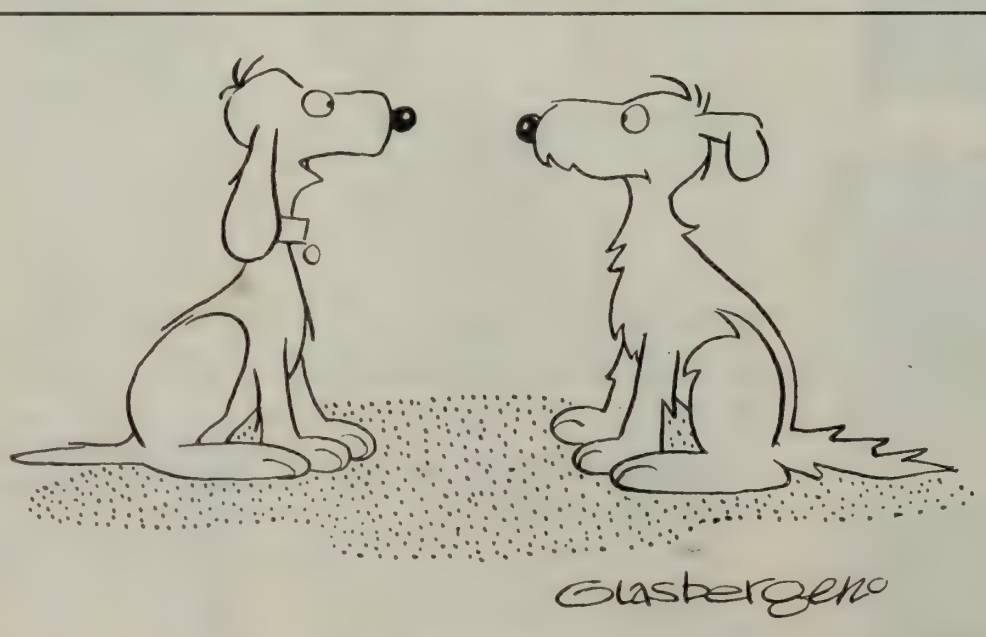


*"Eureka! I've discovered it—assuming validation by my peers, clearance from the FDA, and ambient air quality standards in production that fall within appropriate EPA guidelines."*

According to Christine, our Bud seems to have a back problem that affects his stooping ability. The symptom: He is totally incapable of bending over to pick up his dirty clothes.

---

Uncle Dodd Buckner complains that even backwoods things are becoming citified. On a recent ride he saw a rustic church with air conditioning, a country store with a delicatessen department, and, worst of all, a tire swing made from a steel-belted radial.




*"People often come up to me and say 'Bow-Wow.'*
*Do you have any idea what that's supposed to mean?"*

Mother Hillis says some parents like their children more when they're young and full of promise than when they become adults and fail to meet expectations. I wonder if Mom is trying to tell me something.

---

"Most people find themselves caught up in the mainstream of American life," declares the Rev. George Hall, "but too many of them can't put their hands on anything that they are willing to use as a paddle."

---

Christine made the mistake of cutting out a dress pattern on the carpeted floor of the sewing room. Now she has one dress in silk and another one in nylon shag.

---

With the cost of postage and telephone calls going up, all those folks who wish that their friends wouldn't remind them of their birthdays may soon see their wishes granted.

---

Mother Hillis was complaining about her diet, then paused and noted, "Maybe that's the problem—the only exercise I get is with my tongue."

---

*In this Bicentennial year many towns are reenacting, as best they can, the events of 1776. Parades move down Main Street with floats displaying the familiar vignettes. Betsy Ross sews that famous flag. Washington stands up in the rowboat. Paul Revere gallops. Thomas Jefferson wields his goose quill. Minutemen clasp their rifles and gaze resolutely in the direction of the foe.*

*Two hundred years. The past weighs heavily on our shoulders.*

*Caught up in the pageantry and even the commercialism, our children, who have never shown much enthusiasm for the olden times, ask searching questions about the Revolution, questions that drive their parents to long-neglected history books.*

*Yet Uncle Dodd Buckner casually mentioned the other day that his grandfather fought in the Civil War—and that grandfather's grandfather actually fought in the Revolution.*

*Only a few generations quickly take us back to 1776.*

*With all due honor and respect to the past, I have never been more profoundly aware of how young this nation is—and what a journey lies before us. Or to quote that famous showman's phrase, "You ain't seen nothin' yet."*

Burton Hillis

